

# P is for

**Passion**

**Passionate**

**People**

**Persistence**

**Positive**

**Posture**

**Power**

**Purpose**

The driving force for change is **passion**, your passion. As the author of your own life you must feel the excitement of what you want so strongly that you know, with certainty, one way or another, you will get there. Unless you are **passionate** about what you want to do, you will find it difficult to maintain the momentum towards your goal especially in the face of opposition and discouragement from others.

If you find yourself on a lonely road, driven completely by your conviction you are on the right one, you may not want to involve anyone else. There is a fine line between doing something entirely on your own, because that's the only way you can get it done and finding someone to help in some way. It may be somebody to pick up the phone to, for a chat, or meet over a coffee, or it may be much more hands on assistance. However, those **people**, willing and able to support and motivate you to take the initial big step out of your comfort zone and start the process, are a valuable resource.

Whatever you decide to do will inevitably have an impact on someone else, too. So, being able to talk through the pros and cons, realise what might happen if you do, or if you don't do, what you propose, is all part of the process and can also be very useful. Become more aware of those able to offer encouragement and let go of those who try to discourage you.

Some of your supporters may be able to point out the good or bad aspects of your ideas, as they understand them. This can be very valuable. It's useful to have someone to discuss with you the things which might go wrong, so long as they are willing to enter into a dialogue, allowing you a chance to maintain equilibrium between your dreams and their practicality and how, therefore, you can take the ideas forward with a dose of realism thrown in. If you find several people who try to dissuade you from what you want to do,

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then you may need to step back from them and seek out someone who is on your side, if you are convinced about what you want to achieve. Sometimes it's tempting to give up after the first failure, especially when others say 'I told you it was a stupid idea'.

Don't give up when something doesn't work at first. Think of the way a baby learns to walk, falling over and getting up, over and over. You may have been rather shaky when you first put up a drip, wondering if you would ever be able to do it with ease, or you may have questioned if you'd ever know enough to pass an important professional examination. You may have failed and decided not to re-sit or, more likely, you may have recognised the importance of going back to the books and re-sitting, even if that meant several more attempts.

**Persistence** is a great asset which comes as a result of your passion, because you may be doing several things and yet not detect any noticeable result for a while. However when you keep going, or try again, perhaps with some slight difference because of what you learn, change will eventually occur. If no one seems to take any notice of you, repeat what you want them to hear. Keep repeating it. Say it in different ways, calmly, assertively, reasonably, and you will eventually succeed.

One of the most effective and important ways to bring about significant change in your life is to have a **positive** mental attitude. Notice how often you speak about, or hear something said, with a negative slant to it. You may set yourself up for a particular experience when you say things like, 'I'm dreading today', or 'This is going to be awful'. How much more likely you would be to have a positive experience if you changed those phrases to, 'I'm looking forward to today', and 'This is going to be interesting'. Instead of 'This is going to be difficult', say 'I can do it'. Be more aware when you listen too, the words you use; and also those used by others. You may be surprised at how many negative ideas are expressed in everyday conversation.

Language reflects your thoughts and emotions. When you change the words you use, there is a 'knock-on effect' on your thoughts and beliefs and on your actions. Your experience is likely to be related to your expectations.

You also need to change the way you move your body to change your life. This could be as simple as changing your **posture**, from round-shouldered and stooping, to a straight back and open chest, i.e. the body of someone ready for a new way of being. Can you feel depressed when you have a smile on your face and an open posture?

Trust yourself and understand that you have the **power** to make a difference to the way you live your life. Be confident that you will find the answer to what to do. When you have the courage to look for it, you will find what you seek. It is as likely to be inside of you, as outside. Notice how altering the way you interact with others and changing the way you behave,

results in a reaction. Your life will change and possibly the others too, in response to what you do.

Whatever has happened in your life so far, you now have the choice to say or do something different.

*The point of power is in the present moment.*

Louise L Hay

From this very moment you can decide to live life differently. Even if what you do seems to have little external consequence; you will notice an internal result on your own thinking. When you think differently about a situation, your beliefs about yourself and your life's **purpose** change too. You begin to realise that what you want to achieve may be part of something referred to as 'the big picture' connected to what you want to leave behind you after you die. Your desired legacy may shape not only who you are as an individual but also who you are in the world.

But you have to start with first things first. Get the basics sorted. Clear out cupboards and sort out your environment. That's the basis from where your higher aspirations can grow.

