



# Pause With Purpose

...to refresh

...to grow

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## No Resolutions ... Unless

Here they come, right on schedule - the traditional flood of New Year's resolutions designed to improve our selves and our world. They sound so good, so healthy, so productive. Yet, as predictable as their arrival is, their abandonment is almost as sure. Some are abandoned almost immediately. Others are left behind after a few months. Few actually see the full bloom of fulfillment.

It seems that resolutions have simply become stated desires or whimsical wishes, rather than dynamic declarations of change. As a result, the concepts of change, growth, and improvement are made to appear flimsy and wishy-washy. How unfortunate!

Real change is, in fact, powerful, positive, and attainable. Playing at change, however, sucks the power from this dynamic force and reduces it to hollow gestures. Such toying with change promotes a personal sense of "failure", perceived personal weakness, and the illusion that wishes are unattainable. Given this reality, we might well consider making *no resolutions* . . . . . *unless* we are serious about changing.

How can we know if we are

serious? Consider the following. We are serious about change when:

1) We want to change. Change is not about what others want for us or want us to do. It's about what *we* want, in our heart of hearts. Certainly, it may parallel what our family or our friends or our God want us to do, but until we own it as a cry from our own heart, we will simply take it on as one more task to try to accomplish because we're supposed to, rather than being drawn to it by the irresistible urgings of our own soul.

2) We are ready to change. Timing is very important. Just because we start a new calendar year doesn't mean we are ready to change. Even a change we deeply want can encounter resistance from within us that keeps it from happening. Otherwise, it likely would have happened already.

Change, including positive change, can cause discomfort personally, relationally, even spiritually. We can experience fears of all kinds, opposing pressure from those close to us, confusion, loss of security, and many other challenges that make change an uncomfortable experience. It is when the pain of the status quo exceeds the

discomfort of the change, that we are ready to change. When not making the change is no longer an acceptable option, we are ready to change.

3) We are committed to the change. What does it mean to be committed to the change? It means the change is not something we "try", but rather something we "do". It means we highlight the importance of the change and devote the time, energy, and resources needed to accomplish it. It means we are "in it" for the long haul, patient with weakness and failure, yet focused and persevering toward the ultimate goal. It means we adjust our environment to support our quest, discarding obvious traps and challenges to our goal. It means we draw people to us who support us, encourage us, and lovingly hold us accountable to the change that is so important to us. And it means we make the change a point of prayer, engaging the power of the Spirit within, and claiming the blessing of the One who smiles over us.

Now, we are ready for change! Our change, coming from the depths of our heart, highly valued, empowered by our Spirit, and dedicated for our growth and the honor of our God.



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## NEW CONTACT INFO

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can assist you to be your best, personally and relationally, at home and at work..

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## Understanding the Call to Change

It may begin as a dream, a wonder, a wish, an ache, or just a sense of being unsettled. It may retreat for awhile, drowned out by other life noise, but it just doesn't go away. It returns, over and over, growing in strength and clarity, until it has a voice that can't be ignored. What is it? It's our call to change.

Whether this is a new call, or one we're quite familiar with, there are some questions we can ask to better understand it.

- 1) Specifically, what change do you want to make? What does it look like? How will you know when you have accomplished it?
- 2) How will accomplishing this goal positively effect your life?
- 3) How will you feel when you have succeeded and your goal has been reached? Go ahead - let yourself feel it!
- 4) What will be the impact on your life if you choose not to make this change?
- 5) How will you feel 3 months/6 months/one year from now if you ignore this change and continue the status quo?
- 6) What holds you back from making this change now? What do you need to succeed?

The call to change is no accident. Let's listen and respond. Partnering with a life coach can make all the difference!



**"If you do what you've always done, you'll get what you've always gotten."**

- Anon.