

### Chapter 1 : Change Is Possible Counseling Services, LLC Sterling Heights, MI

*Change Is Possible Counseling Services, LLC is a full-service counseling agency specializing in FAMILY SERVICES. Whether it's individual, couple, or family therapy you desire - the Clinicians of Change Is Possible are ready to serve you!*

Here we go! This Is Who I Am As a blogger you are at times more open with your thoughts and feelings online than you might be in person, even with your closest friends and family. One of the wonderful, if surprising at first, experiences as a result of being open with people through a blog is that eventually you gain some kind of notoriety for being good at something. When I started Entrepreneurs-Journey I wanted to share my business experiences simply for the sake of sharing and to see whether other people found what I had to say of value. Some people did find what I had to say valuable, so I kept saying things, and more and more people found me and started listening. This is a great event for all kinds of reasons, but the most important reason, and be sure to underline this, is that with authority, more people actually read what I write. With the attention that authority gives me, I enjoy the privilege and honor of being able to influence people. When I say change, I mean real change. It was something about you on the inside that changed, that caused a physical change to manifest in reality. It was YOU who changed. I am what my past self wanted to be in the future, if we include the element of time. I am now where I wanted to be back when I was somewhere else, if we include the element of location. Imagine being in charge of claiming what you want in your life? Significant change takes effort, and often so much effort that by the time we get what we wanted or arrive where we wanted to be, our value system has changed too, so you may not even want what you were working so hard to acquire. Is Change Even Possible? I remember as a child listening to my mother on the rare occasion she hosted a party at her house. One of her favorite subjects as I recall, is whether change is even possible in the first place. She steadfastly believes people can change on a fundamental level, and we are talking about the tiniest of individual personality details, all the way up to global consciousness. I know just enough more than my readers so that I can provide value. Marketing in so many ways is a science. Talking about how to make money, or relating a story of how you did something to get a result is simple enough. The concepts we are dealing with there are straight forward, like pieces of a puzzle you just have to arrange in the right order. Concepts like change are much more fluid and complex. As they say, the best way to learn is to teach. I expect this is likely the state I will remain in for most of my life because as far as I can tell, no human ever masters change or remains content with how things are permanently, unless they are enlightened or dead. This is part of the reason why this subject is so compelling. You want to be the driver in your life, even if you can never be sure where the road is taking you or what you will pass through on the way. If you want to know what that pattern is, read on to part two of this series.

### Chapter 2 : Change Is Possible Quotes (5 quotes)

*Christianity means change is possible. Deep, fundamental change. It is possible to become tenderhearted when once you were callous and insensitive. It is possible to stop being dominated by bitterness and anger. It is possible to become a loving person no matter what your background has been. The.*

Change is ever nipping, nipping, nipping at our heels, and much of what we face in life we are powerless to control, but we are not helpless. We can control ourselves. One of the fruits of spiritual connection is the promise that we will master our urges. Surrender to a plan, a program, my God, and a teeny, tiny bit of commitment to stay the course and keep focused on my goals will get me there. We all have goals. My teeny, tiny three show up here on my blog every Thursday. Yours may show up on pages in your journal. Maybe you share your goals with your significant other, or a support group, or a trusted friend. Wherever we share our goals, no matter how formally they may be shared or not, we all have something we are striving to attain. For me, it is creating winning scenarios that build confidence. I have often hawked his previous best seller, *The Power of Habit*, here. I love, loved that book and this one is just as informative. In this newest book by Charles, he talks about the ugly downside of goal setting. What is that downside? It is a feeling I know well. You know them, right? They come when the ironing is done, the cake is decorated, and the baby is bathed with clean jammies on, laid down for the night, and finally off to the land of nod. That sigh you let escape your lips as you fall back into the bed stead after performing mattress gymnasticsâ€”its all part of closure. It makes you narrow minded. It makes acceptance of other possibilities hard to envision, and of course that means disaster. Mr was very happy that I quit that job, and I am too as I look on the face of a man I raised who I am very proud to call son. All this to say, be careful about setting goals that reinforce closure over habit. Those kind of goals kill brain cells. Exercise for 15 minutes every day this week, and eat my oatmeal every day. Get blood labs done! DONE, and the results were better than I ever could have anticipated. Do an inventory of my pantry this week and throw out anything that is expired or not regularly used by our family. I missed this goal while I was playing with the wee ones and celebrating Easter. I will just set this as a goal for this coming weel. Inventory pantry and throw out expired products. Finish reading *Smarter, Faster, Better* and write a review. These should be small enough for a WIN this week. Keep me honest, though, and check back to see if I did what I said I would. What goals did you set for yourself this week? Did you achieve them?

### Chapter 3 : Is It Really Possible To Create The Change You Want In Your Life?

*The point is that change is certainly possible. Even those of us who experience positive and abundant results in life can still learn a little bit more and do what we can to enhance our productivity or insight in a number of ways.*

Three Goals Thursday Is it really Thursday again, so soon? Where did the week go? Before I log my three goals for next week, I want to talk about those goals I achieved this week. I had a goal to bake egg muffins without grain and I did that. They were goodâ€”like lil mini quiches. I also had a goal to try a morning shake one day this week. I did not meet this goal, but I will be trying again in the future, maybe next week, to make a morning shake. I made a goal last week to exercise with a friend on Tuesday night. That exercise actually happened last night, after a rather extensive dental appointment Yikes ,and included walking a trail in the full sun, so I counted that as my other exercise that would make me sweat. Even better when your jaw is numb. I reached this goal, if I include the meal prep I did prior to fixing our evening meals. All told, it was a pretty good week and I feel good about the goals I had and the progress I made creating some win scenarios. It feels good to win! One other thing I did this week that brought gang-busting results was switch up my breakfast. I had been eating half a bagel sandwich and was not seeing my weight move down at all. I switched to baked oatmeal, something that has helped a lot in the past, and wonder of wonders, it worked again. I am learning these lessons about my body. I will take up the oatmeal regiment once more. My body is going to be so very happy! Three Goals for this week: Continue to dedicate 1 hour to food planning and prep this week. I really want to develop a habit for this sort of behavior, so you may see this one on my goal list for a while. Eat baked oatmeal for breakfast every weekday this week. Do it first, so you can forget about it after that, Lori. This will be in addition to my Tuesday walk with a friend and my bike rides on the recumbent bike I share with Dr. This morning, though, I thought, why not get up when I wake up and use that extra time to do something physical? I think it might be a good change for me, the lay-about who hits her alarm button six times before dragging herself out of bed each morning. Are you creating win scenarios that are helping you achieve those goals? If not, why not?

### Chapter 4 : change is possible â€” concerts and occasional musings

*Remember change is possible! In spite of your current issues, or past experiences, you have decided to try to feel better again. By coming to this website, you are beginning a process of change.*

### Chapter 5 : Witness Change - We Believe Change Is Possible

*Change is Possible has no connection what so ever with Global Daily Report. And as far as his family is concerned they did not reach out to them. This is a personal observation of a neutral citizen who observed the latest congressional hearing on the state of Bilibid.*

### Chapter 6 : Change Is Possible Family Violence Shelter - Home

*The following has been borrowed from a lil book I have by Jonny Bowden PhD, CNS, entitled: The Best of the Rogue Nutritionist, Vol. 1 8 Ways to Break a Plateau. 1. Be a calorie detective.*

### Chapter 7 : Change is possible, change is necessary, and change is coming

*A German Life - Against all odds, change is possible (A german Life - Biography) German Jewish history, German Life, A Sep 19, by Bernd Wollschlaeger M.D.*

### Chapter 8 : weight loss â€” Change is possible!

*Change IS Possible By eleven72 With the best of intentions (and questionable lyrics), a singer songwriter sets out to show how we can all change if we want to.*

## Chapter 9 : diet “ Change is possible!

*Is Change Possible? This question often has many different meanings. And there is a lot of confusion and misinformation about this question. Ultimately change is about a relationship with Jesus Christ and a resolution to live in congruence with biblical teaching on sexuality.*