

SUSAN BOCK

COACH AUTHOR SPEAKER

Can One Person Make a Difference? Techniques and real life examples you can start using today!

From: Susan Bock, CEO (Chief Everything Officer!)

What do CBS News, Yahoo and Wiki Answers have in common? Each of these noted sources of up-to-the-minute news feeds are listed when searching Google for the answer to the question: Can one person make a difference?

What is even more impressive is that each of the sources has the same answer: Yes! Absolutely one person can make a difference.

Do you believe one person can make a difference?

My answer to that question is yes and it begins with the belief. Believing transforms our thinking and that leads to transforming others.

Webster's online provides the following definitions:

difference: : a significant change in or effect on a situation.

transformation: : to change in composition or structure

It is easy to identify individuals who have made a difference in just the past 50 years. They have transformed our thinking.



Mother Teresa, Humanitarian



Tim Berners-Lee, Internet



Christiaan Barnard, Medicine



Katherine Hepburn, Film



Stephen Hawking
Science



Oprah Winfrey, Media



Margaret Thatcher
Politics

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www.SusanBock.com

714-847-1566

Susan@SusanBock.com

Would you add yourself to these names? If not, you might want to consider asking yourself this question: Who would you identify as having made the greatest difference in your life? Here's a hint - the answer is one syllable, three vowels and just three letters - you. You make a difference in your life each day and you have the opportunity to transform you and your thinking each day.

Here are more questions for you:



How can you transform your life?

How do you change your mind?

Do you want to know what your life could be?

Do you want to know what is preventing you from living that life?

The above four questions have the same answers: introspection. Is your curiosity piqued? I hope so. I hope you have the courage to keep reading. There are three steps to making a difference in your life, your community, your society: transform your thinking using **introspection**, **discovery** and **commitment**. The result of these three steps is owning the **belief** that you can make a difference at every level of your life.

Let's begin with definitions to ensure we are starting with the same understanding of the concepts we are exploring:

Introspection: a reflective look inward: an examination of one's own thoughts and feelings

Discovery: to obtain sight or knowledge of for the first time

Commitment: an agreement or pledge to do something in the future

Belief: conviction of the truth of some statement or the reality of some being or phenomenon especially when based on examination of evidence

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Step 1. Introspection

With 24/7 to-do lists, scheduling every minute of the day, constantly engaged in activities, commitments, obligations and texting, our lifestyle leaves little if any room for introspection. And yet, that's where you will find every answer you need to be more than you are, to step into your potential and to make a difference in your life and the lives of people you come in contact with. Today, more than ever before in the history of the world, you can touch thousands, even millions of lives in a matter of minutes. Technology makes this possible using YouTube videos going viral; blog posts; tweets, retweets and so on.

To suggest scheduling time for introspection merely adds more to your existing list, and yet, that is what you may need to do! If you want to make a difference in yourself, you have to start with thinking differently about what is important to you.

Step 2. Discovery

Discovering there is more to you than what you know can be very exciting and perhaps, a bit scary! This is where you may have to tap into your courage, accept the 'discomfort' and move forward on our path of discovery. What you discover may be a pivotal point in your life – you may break through what is holding you back. Not knowing is being uninformed. Aren't you curious about what your life could be – what a difference you can make?



Step 3. Commitment

This step is simple, just not so easy. Simple in that your answer is either yes or no. The not-so-easy part is when you've committed to thinking differently only to find yourself falling into your old pattern. Be vigilant and with time, you will find gratification and satisfaction in honoring your commitment.

With the completion of these three steps, you have arrived at the **belief** that you can make a difference in your life and the lives of others. You have a unique combination of gifts, attributes, talents and perspectives to share with yourself and others. If you aren't aware of your uniqueness, have not discovered the joy of moving beyond your comfort zone, and do not make the commitment to live in your potential, then you are denying yourself the opportunity to experience all of what is available to you.

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Are you curious?
Do you want to know what your life could be?
Are you ready to make a difference?

I hope so!
Then it's time to take action!

A special thank you to my editor, who consistently provides me with encouragement, inspiration, and opportunity to laugh at myself.



I've shown 1,000's of women how to let go of what is holding them hostage and step into their purpose, power and potential. Would you like to learn more? Check out my Coaching packages and 'On Purpose' Power Products at www.SusanBock.com

For Downloads Galore, go to www.SusanBock.com/free-resources-2/

Have Questions? Give me a call 714-847-1566

Or send me an email: Susan@SusanBock.com