

***CHANGE YOUR LIFE IN  
TEN WEEKS***

**THE PHOENIX SELF-HELP LIFE PLAN**

## DEDICATION

*This book is dedicated to all those individuals who are currently facing difficulties in achieving fulfilment, peace and contentment in their personal lives. It is hoped that the Program set out here may in some way prove of benefit to them or may, at least, stimulate them to take appropriate action to improve the quality of their lifestyles.*

# ***CHANGE YOUR LIFE IN TEN WEEKS***

## **THE PHOENIX SELF-HELP LIFE PLAN**

A Practical and Easy To Follow Guide and Workbook  
on  
How to Transform Your Present Lifestyle

*helping you to become  
more healthy, more relaxed, better adjusted to the stresses of life,  
less frustrated, easier to get along with  
and changing you into a  
more fulfilled and happy individual*

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## **ACKNOWLEDGEMENTS**

*My sincere thanks to my wife and dearest friend Josephine who encouraged me to carry on with the manuscript when - at times – I was struggling to express my ideas.*

It is a most worthwhile exercise, whatever one's age or achievements, to look frankly and honestly at where one is now [HERE] as compared to where one would like to be [THERE] and to either accept with quiet resignation the here and now, or to work with determination to get closer to one's vision of a better lifestyle.

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## **PREFACE**

Many of us, at various times in life, are aware that we are not living our lives in the most fulfilling and satisfying way. We are conscious that the routines and habits of our lifestyle are sometimes unsatisfactory and in need of adjustment or improvement. We may want to be fitter, healthier, happier, enjoy better relationships, use time more effectively, improve our financial situation and feel more at peace with ourselves.

Yet so much of our time is taken up facing and responding to the urgent daily tasks of our personal lives, our relationships, our work and family responsibilities that many of us simply don't get started on the path to self-improvement. At the same time, we battle constantly in adjusting to life changes, some invited and some not, that often challenge our coping skills and give us stress.

And so, because of these demanding societal, work and family responsibilities, and the many related tasks that take up our time and energy, we never really manage to get properly started in restructuring our life . Perhaps we make an occasional attempt, as at New Year and around birthdays, to make a fresh beginning, but somehow - for many of us - our plans fizzle out and not much is accomplished. Yet, deep down, we know and believe that things can be made better if we could only organise

ourselves more effectively and consistently apply the necessary time and effort to achieve the goals that are important to us.

This is where *Change Your Life in Ten Weeks* can help. In this *Phoenix Self-Help Life Plan* guide and workbook, I have attempted to put together the basic principles of a self-transformation program which is easy to follow and which, if fully implemented, will deliver an improved and more satisfying lifestyle. Of course, in order to make real progress, we need to know *where* we want to go in life and have a sense of vision as to *how* we would like our life to be. This self-awareness task, determining the *where* and the *how*, is one which only YOU will be able to accomplish. However, it is my hope that the *Plan's* Program, as set out in this book, will help you to work out more clearly *how* you want to re-plan your life and to define *where* you want to be.

Getting from HERE [*where you are now*] to THERE [*where you want to be*] is what this book is all about.

This second edition of the book has seen a general update and has been expanded by the inclusion of Chapters 8, 12 and 13 . A *Further Reading Resources* list has been added.

I wish you every blessing and good fortune as you follow through the stages of this self-development Program.

With warm regards

***Ambrose Hardy***

*Phoenix Self-Help Life Plan*

June 2014

## AN IMPORTANT MESSAGE TO THE READER

This book is meant for you if you feel a need and have a desire to make some significant changes in your present lifestyle. The program set out in these pages – the *Phoenix Self-Help Life Plan* – will provide you with a well thought out structure which – if followed through – will get you from *where you are now* to *where you want to be*.

If you are not quite sure *where you want to be*, the *Lifestyle Evaluation Questionnaire*, which is the first step of the *Phoenix Plan*, will assist you in determining what will become your priority goals for personal change.

The book does not tell you what changes to make in your life. It may offer suggestions and highlight areas for change that are generally considered important for personal growth, but fundamentally YOU decide *how*, *why* and *when* you want to work to implement your selected lifestyle changes.

The title of the book invites you to work to change your life in *ten weeks*. This proposed duration should be regarded as a guide only and may be modified to suit your personal circumstances. However, I do believe it does take several weeks before a person's change of behaviours and/or routines become established habits in their lifestyle. I know that there are many programs advertised which suggest that you can make big

permanent life changes in a week or less, but I am somewhat sceptical of the likelihood of this being possible for most individuals.

I think it is very important that you spend an adequate period of time (at least one week) identifying your chosen goals, breaking these down into appropriate weekly targets and making any necessary domestic and work arrangements so that you have time and opportunity to work on these targets. In later pages, the book gives detailed assistance on how to do this.

In preparing to work on the *Phoenix Plan*, it is suggested that you equip yourself with a good sized notebook where you can keep a personal record of your progress as you proceed with the *Plan*. Documentation is important so that you can monitor your thoughts and see your general progress towards your goals. The documentation provided within the book may prove helpful in this regard, but dispense with it or modify it if you can work out a system of recording your own progress which is better for you.

This book is best described as a workbook to help you transform your lifestyle to how you want it to be. For this reason, it is not a book to be simply read through once and placed aside. Rather, it represents a step-by-step approach to making significant life changes which require careful thought and planning. As such, it is best to work at a pace comfortable for you and not to attempt too many life changes at the same time (*more on this later*).

As a general rule, I would recommend that you read through or scan the book completely once to get an overall idea of how it is set out and what it will require of you: but *do not scrutinise the Lifestyle Evaluation Questionnaire on this first reading*. Then go back and start the program as set out, selecting and planning your priority goals and targets. When this is completed, allow

yourself an extended timeframe (*at least four weeks*) to work on achieving your selected goals. The book section which follows, *How To Use This Book*, gives further helpful information on this approach.

You will see from the above that the *Plan* contained in this book requires a lot from you in terms of thought, planning and action. Make sure you are prepared and able to make this commitment before you begin. If you can't or won't commit in this way, defer starting the program until a more opportune time.

Sometimes, readers are fearful about failing to achieve the goals they select for themselves. Do not worry about this – the likelihood is that you will falter somewhat along the way. Most people do. The strength of your commitment and endeavour is judged more accurately on your capacity to pick yourself up again and to regroup your efforts. An expression I have used elsewhere that “*..two steps forward and one step backwards marks real progress..*” is truly relevant here.

Some of the points I have made here will be repeated in later sections of this book. This is because of their importance to your overall progress and to help you get, in the near future, to *where you want to be* !

Good luck in working through the program.

You cannot move forward until you know where you want to go.  
You cannot know where you want to go until you have worked out what is wrong with the way things are at the present.  
Lifestyle evaluation is the precursor to the birth of worthwhile and appropriate goals



## **PART ONE**

### **INTRODUCTION**

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