A TRANSFORMATION



TOWARD POSITIVE



Discovering and actualizing the best in you

By Raymond S, Shocki, Jr. PhD, LCSW, LMFT

INTRODUCTION

To be persuasive we must be believable; to be believable we must be credible; to be credible we must be truthful." - Edward R. Murrow

People throughout life struggle to be themselves. There is constant pressure to be someone other than who they truly are. The pressure come from the outside, be it from other people, institutions and society. The pressure also comes from within be it from internalized ways of thinking and behaving from their upbringing.

A Transformation Toward Positive Change is written to give the reader a 52 week guide in the form of quotes and readings that will assist in moving toward being more authentic.

"Seek out that particular mental attribute which makes you feel most deeply and vitally alive, along with which comes the inner voice which says, "This is the real me," and when you have found that attitude, follow it." — William James

This quote is what this book is about. The following quotes will hopefully help get you there.

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WEEK ONE

"Even when a change is elective, it will disorient you. You may go through anxiety. You will miss aspects of your former life. It doesn't matter. The trick is to know in advance of making any change that you're going to be thrown off your feet by it. So be prepared for this inevitable disorientation and steady yourself to get through it. Then you take the challenge, make the change and achieve your dream." – Harvey Mackay

Change, even positive change, can be a fearful experience. People are more apt to elect unconsciously to go around in circles, ending up in the same place. In order to minimize your fears of changing and years of habit forming behavior, begin by taking small doable steps.

This week do something that you have avoided doing but won't be overwhelming to try. It must be small steps that are specific and focused. With these small steps come small successes and a gradual build up of courage. These small acts of courage, (Nothing big mind you) will slowly move you toward your ultimate goal.

Week's Goal: _	 	 	
DailyProgress:	 		
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WEEK TWO

Some people say they haven't yet found themselves. But the self is not something one finds; it is something one creates." - Thomas Szasz

Developing a sense of self is something we do every day for good or for ill. This happens through the choices made when dealing with the ambiguities of life. We are all beings in process and growth is an option constantly opened to us.

This week, be aware of the opportunities that come your way in many subtle and not so subtle ways. During these times, consciously make choices that move you toward being the person you want to create yourself to be.

Daily Progress:



WEEK THREE

"A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing." - George Bernard Shaw

Better you try something new and fail than never try and regret not taking the risk. People can always make excuses for not doing something. Fear of the unknown and no guarantee as to the results often act as a deterrent. However, making mistakes can act as a barometer in making future adjustments.

This week try to do something that may result in making a mistake. If a mistake results, give yourself an "A" for effort and make note of anything you may have learned from it that will help you in a future endeavor.

Week's Goal :

Daily Progress:_____



WEEK FOUR

"What we see depends mainly on what we look for." - John Lubbock

It is amazing the mind's ability at self-deception. People make decisions everyday based not on reality but on their own unique perception of what they believe reality to be. Being open to an alternate experience or another way of looking at people, places or things is difficult indeed. The answer lies in mustering the courage to risk being open to the possibility that there may be another, different way to view, live and be in the world.

This week take the time to listen to other's thoughts and ideas without being quick to pre-judge or reject what is being said. It's amazing what asking questioning and listening will open to you.

Week's Goal:

Daily Progress: _____





WEEK FIVE

''I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.'' - Maya Angelou

We all want to feel like persons of value. Sometimes in our encounters with others, the people don't walk away feeling good about themselves. This can happen by our inadvertently doing or saying something that makes other people feel less than they are.

This week make a conscious effort to be sensitive to other people and recognize and acknowledge their positive utterances. This does not mean being ingratiating or saying something that is not meant. It really means articulating something positive that you think or feel about another but normally do not think to say.

Week's Goal: _____

Daily Progress:



WEEK SIX

"If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much. - Jim Rohn

It appears that no matter how much people may be dissatisfied with the way things are in their life, there are outside forces that reinforce the same old behavior. This includes people with whom they interact with regularly. There is always a propensity for others to either implicitly or explicitly attempt to persuade others to think and/or behave in ways they would like. This becomes easier when you free float through life with no clear idea what is best for you.

This week, attempt to be vigilante as to what your "gut" is telling you in spite of pressure from others to make choices that are not in your best interest. Being open to new ideas from others does not mean you have to blindly follow them.

Remember the words of e.e. cummings- "To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else means to fight the hardest battle which any human being can fight; and never stop fighting."

Week's Goal:

Daily Progress: _____



WEEK SEVEN

"We cannot wait for great visions from great people, for they are in short supply. It is up to us to light our own small fires in the darkness." - Charles Handy

It is far too common today to become cynical and disenchanted with the state of the world. Many have looked to leaders to provide direction, to be the moral compass for all. Instead they find far too many of our political, religious and prominent leaders from many walks of life to be self-serving and opportunistic.

This should not blind you from defining who you are and who you want to be. Society is in constant flux with changing values and morals. This week sit down and think about your core values, the things you believe in and would defend. These include spiritual, ethical, moral and relational expectations. These should be the foundation upon which you build your sense of self. Think of your mind and body as your own universe which you are ultimately in charge of. You are in charge of you and you define what kind of footprint you wish to leave behind once you are gone.

Week's Goal: _____

Daily Progress: _____



WEEK EIGHT

"Don't wait for your "ship to come in" and feel angry and cheated when it doesn't. Get going with something small." — Irene Kassorla

It is far too common to hear people say that when they feel better, they will begin to take the necessary steps toward healthy change. All too often they look to outside forces or circumstances as reasons for their stagnation. Unfortunately, with this line of thinking, little, if any, positive change will take place. The results are anger, frustration and a sense of futility. They live a life of the continuous repetition of being unfulfilled with no positive outcome visualized.

This week make one behavioral change in spite of the propensity to find reasons/excuses to continue "business as usual". Being successful will result in a sense of completion and accomplishment that will act as building block in improving the quality of life.

Week's Goal: _____

Daily Progress:



WEEK NINE

Lasting change is a series of compromises. And compromise is all right, as long your values don't change. – Jane Goodall

Reaching a goal is not always accomplished by going in a straight line. There are different ways of getting to the same end. They say that insanity is defined as is doing the same thing over and over and expecting different results.

This week, look at something you have wanted to accomplish but have not been able to. First, be sure of your ultimate goal. Then explore various ways you can behave in order to accomplish it. Being open to compromise, may lead to letting go of unrealistic expectations, thereby strengthening the chances of success. Make sure your compromising will not compromise your values and ideals you want to live by.

Week's Goal:	 	 _
Daily Progress:		



WEEK TEN

"Always walk through life as if you have something new to learn and you will."

- Vernon Howard

The world continuously provides opportunities for new learning experiences about yourself and the world around you. However, one must be vigilant in discerning the differences between truths, half-truths and out and out lies. In addition, learning something new is often met with resistance. This is because old ways are what people are used to. It's like struggling with the devil you know versus the devil you don't know. Being open to something new, however small, are baby steps that accumulate.

This week, be aware of opportunities to learn new things in every situation you find yourself involved in.

Week's Goal: ______
Daily Progress: ______





WEEK ELEVEN

"Small deeds done are better than great deeds planned."

- Peter Marshall

It's pretty common to make resolutions around every New Year. It is also pretty common for the majority not to be accomplished. Perhaps part of the reason is that many of them are overly ambitious. Small goals that are accomplished act as building blocks for the big goals in life.

This week create a small goal that stretches you a little. By the end of the week, if the goal is accomplished, it will bring you far more satisfaction than if you had a large goal that went nowhere.

Week's Goal:	
Daily Progress:	



WEEK TWELVE

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."- Ralph Waldo Emerson

The news media, commercials, television, motion pictures and magazines, all try to make you into someone else. Not to trust in your gut and resist the pressures from marketing and advertising people is most difficult. Pressure to influence you to believe in the merits of being like others is a way of getting you to conform. Being true to yourself, your values, your uniqueness is a truly worthy goal.

This week be aware of the pressures from various outside sources that attempt to mold you into thinking in ways that are contrary to what is in your best interest. Anything that parts you from your money or free thinking should be held in suspect. Being aware is a good beginning in resisting those pressures.

Week's Goal:	 	 	
Daily Progress:			



WEEK THIRTEEN

"If you always do what you've always done, you'll always get what you always got." - Mark Twain

We are all creatures of habit. The more you do something, the more engrained it becomes, making it difficult to change. However, in order to stop going around in circles and getting nowhere, you need to step out of the circle and do something different.

This week pick out something that you always do that you want to change. Once identified, do something different. The behavior you choose should be something small which can be done with relative ease. Change the behavior consistently for twenty one days and it too will become a habit. It can also act as building blocks for other small changes to lead you toward a larger goal.

Week's Goal:	
Daily Progress:	



WEEK FOURTEEN

"Progress is impossible without change, and those who cannot change their minds cannot change anything." - George Bernard Shaw

Change, even positive change, can make people feel uncomfortable. It brings people out of their comfort zone. Therefore, it is not unusual for even small changes to be resisted. For change to be positive in nature, as well as long lasting, it needs to be accomplished in small increments. These small increments need to be small enough not to be too threatening yet large enough to feel the stretch.

This week think about a small goal that is doable that you have been putting off and try doing it through completion. Chances are, you will feel a sense of accomplishment and completion. This will in turn change your mind set.

Week's Goal:	 	 	
Daily Progress: _			



WEEK FIFTEEN

"Mistakes, obviously, show us what needs improving. Without mistakes, how would we know what we had to work on?" – Peter McWilliams, Life 101

It's not unusual for people to put themselves down when they make a mistake. For many there is a tremendous need to be perfect and any mistake means less than perfection. They forget that in making mistakes, they are provided an opportunity to grow and change for the better.

This week be aware of any mistakes you make and ask yourself, "What did I learn from this mistake and what do I need to do differently to either not make the mistake again or make it less often?"

Week's Goal:	 	
Daily Progress:	 	



WEEK SIXTEEN

"Don't let what you cannot do interfere with what you can do." - John R. Wooden

Nobody is perfect nor can one ever be. We are all beings in process, moving toward the inevitable end of life. However, while on this journey, far too many people unrealistically expect perfection in themselves and get down on themselves when they fall short.

Illness or simply aging can result in not being able to do what was done before. Focusing on what is lacking and comparing themselves unfavorable with others takes away from recognizing and embracing ones gifts. Maximizing what is lacking and minimizing what is taken for granted, limits and restricts living optimally. It is crucial to be alert to those things you can do and build upon them in order to be the person you never dreamed you could be.

This week, be vigilant as to those strengths you do have and utilize them as steps down the road to successfully reinventing yourself.

Week's Goal:	
Daily Progress:	



WEEK SEVENTEEN

"If you don't like something, change it. If you can't change it, change your attitude. Don't complain." - Maya Angelou

People often want to change their world and become frustrated when their expectations are not met. They waste a lot of energy trying to mold others into their way of thinking and consistently falling short. Instead of focusing on improving themselves, they expend needless energy on criticizing and complaining about the way things are. A change of attitude can lead to changes that are positive in nature.

This week, in any situation that can lead to possible conflict, become aware of how your attitude may affect the situation you are in. This can lead to you're making an adjustment in your response, thus changing the outcome.

Week's Goal: _____

Daily Progress: _____



WEEK EIGHTEEN

"People hear what they want to hear and disregard the rest." - Simon and Garfunkle from "The boxer"

People are used to sameness. Old ideas, that no longer work, are often tenaciously held on to because people are used to the old way of thinking. A new idea is resisted because it will take effort to shift gears and embrace a new idea or way of looking at a situation. As a result, people will automatically tune out words, ideas, even facts that are contrary to their own.

This week make a concerted effort to be open to listening to different ways people perceive the world. You may learn something new.

Week's Goal:	
Daily Progress:	



WEEK NINETEEN

"In quarreling about the shadow, we often lose the substance." – Aesop

It is not unusual for people to judge others because of surface irritants. These irritants can mushroom into all encompassing barriers to a more positive relationship. They go around in their mind or with the other person. This results in their getting nowhere and ending up feeling frustrated, angry and misunderstood. Resolving these irritating issues is like pinning shadows to the wall.

This week, be aware of other people and resist the temptation to make snap judgements. Use this as an opportunity to examine the person on a deeper level. You may find that there is more to the person than you think.

Week's Goal:	
Daily Progress:	



WEEK TWENTY

"The greatest mistake you can make in life is to be continually fearing that you will make one."--Ellen Hubbard

Far too many people are reluctant to do something new for fear of looking bad. The need for perfection is too great to risk losing face. They fail to realize that it is natural and normal to take two steps backward and one step forward when trying something new. Instead of learning from a mistake and making adjustments, people fear stepping out there. This self-defeating style of behavior reinforces limited self-growth.

This week push yourself to try something new and if it doesn't go as planned initially, look for what adjustments need to be made in order to achieve your goal. Also, acknowledge and give yourself credit for trying something new with no guarantee of success.

Week's Goal:	 	 	
Daily Progress:			



WEEK TWENTY-ONE

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." – Buddha

There is a tendency for far too many people to ruminate about the past mistakes, hurts and slights. If not doing that, they worry and fear about the possible future. The anticipatory anxiety about what may lay ahead becomes paralyzing.

This week, become more aware of what is happening around you in the here and now. As thoughts of the past or unknown future come into the mind, don't resist them but merely go back to focus on being present in the here and now.

Week's Goal:
Daily Progress:



WEEK TWENTY-TWO

"You should never be surprised when someone treats you with respect, you should expect it." - Sarah Dessen

Many people have a tendency to feel uncomfortable in their own skins. This can easily be evident even when there is an outward bravado. Being understood as someone who is of value and importance is all too often not experienced by some people. Even compliments make them feel uneasy. However, when we speak of respect, it must begin within oneself. People need to view themselves as persons of value and worth. Therefore, when it is shown by others, it won't be viewed as something unexpected.

This week begin to make a concerted effort to believe and carry yourself as if you are a person of worth and carry yourself as such.

Week's Goal:	
Daily Progress:	



WEEK TWENTY-THREE

"The only real mistake is the one from which we learn nothing." – John Powell

Far too many people lament about the mistakes they have made in their past. They failed to realize that mistakes of the past, no matter often repeated, can be great learning experiences. People fail to realize that past mistakes are not to be limiting but viewed as jump off points for new directions.

This week, before emotionally beating yourself up when making a mistake, quickly ask what you learned and what adjustments can be made to bring about different results.



WEEK TWENTY-FOUR

"The real art of conversation is not only to say the right thing in the right place but to leave unsaid the wrong thing at the tempting moment." - Lady Dorothy Nevill

Far too many people say things without thinking, never considering the possible ramifications. This becomes critical when people choose texting over face to face conversations. When texting, people have little time to process what they want to say. As a result, there is less opportunity to discern between what should be said and what should be held back. Saying the wrong thing at the wrong time to the wrong person can bruise one's ego.

This week, become aware of what comes out of your mouth. Thinking before you speak is important. Remember, less texting when feelings are high. Delaying an immediate response to what is said will decrease hard feeling and enhance communication.

Week's Goal: _____

Daily Progress: _____



WEEK TWENTY-FIVE

"The word 'listen' contains the same letters as the word 'silent.' " - Alfred Brendel

In conversations with others, it is not unusual for people to not be truly listening to what the other person is saying. They may be too involved in their own thoughts and what they want to say. The other person's words become little more than white noise. Truly being silent and listening to what the other person is saying can be quite a learning experience.

This week try to be aware of keeping your mouth shut and your ears and mind open.

Week's Goal:	
Daily Progress:	



WEEK TWENTY-SIX

"The human mind treats a new idea the same way the body treats a strange protein; it rejects it." - Peter Medawar

We are all creatures of habit. Anything new is met with resistance even if it will do us good in the long run. That is because we are wired to behave in a certain way, think in a certain way and view the world in a certain way. Anything counter to that means change and change of any kind is initially stressful and rejected. Be open to new ways of thinking, behaving and viewing one's world. Though initially attempting this may be foreign, it can result in being a very enlightening and enriching experience.

This week attempt to be quiet and listen to another person. Look for something that can be learned that may be helpful in some small way as you go through your journey in life.

Week's Goal: ______
Daily Progress: ______



WEEK TWENTY-SEVEN

"It is never too late to be what you might have been." - George Elliot

People are often "wired" through years of programming to think and behave in certain ways. Some of those ways are not to their liking. As hard as they try to eradicate the unwanted behavior, they continue to repeat the same old, same old. They make resolutions to change but find that they are unable to. When this happens, it becomes easy for them to blame themselves. They become discouraged and complain that they will never change. However, in reality we are all beings in process, ever changing, ever evolving. This is because change is accomplished as a result of small increments.

Each new day provides opportunities for new or renewed ways to reinvent yourself regardless of age. Therefore, each day this week, envision who you would like to be. Make it as specific as possible. Make it your "Mission". Keep your "Mission" in mind, develop a plan to actualize that "Mission" and document your progress.



WEEK TWENTY-EIGHT

"The art of being wise is the art of knowing what to overlook." - William James

People say things that rub others the wrong way. In the world of human discourse, this is unavoidable. The goal is to be able to determine what to overlook and what to not. Confrontation rarely works to change the other person's mind or resolve the issue. Pausing will more than likely result in you overlooking what the other person has said as not being truly important enough to respond to.

This week attempt to reframe from impulsively imposing your beliefs onto the other person. Unless the other person is asking your opinion, reframe from speaking if you can. The ability to accomplish that will speak volumes. This will also free you from being bogged down with trivial matters.

Week's Goal:
Daily Progress:



TWENTY-NINE:

"Minds are like parachutes; they work best when open." - Thomas Dewar

Life is full of daily learning experiences. All people need to do is to be open to them. This is easier said than done. There is a natural tendency to be closed to new ideas because they contradict the olds ones that they have become use to. This is even though they may no longer be effective.

This week be open and resist the temptation to resist tenaciously old ideas. Be aware of one thing new you learn every day, no matter how small. You will be surprised at what your openness will bring you.

Week's Goal:	
Daily Progress:	



WEEK THIRTY

"Life is what happens to you while you're busy making other plans." -unknown

It is amazing how often people go through daily living without awareness of what is going on all around them. People exist from day to day without really living but merely existing. Being mindful of the here and now can open people up to all kinds of learning experiences on a day to day basis.

This week attempt to consciously be aware of what is going on around you, be fully present in the here and now and focus on the people you're in contact with moment by moment.

Week's Goal:	 	
Daily Progress:		



WEEK THIRTY-ONE

"Courage is not the absence of fear but rather the judgment that something is more important than fear." – Amberose Redmoon

Fear, for many can be paralyzing. It can very easily become a barrier in taking the necessary steps, even small ones, toward positive change. One way to push through that crippling fear is to focus on something greater that provides purpose and meaning beyond oneself.

Fear can also be a great motivator. Fear of losing something of great personal value can be a driving force to make what is deemed a necessary change. It would be great if it did not reach that point but whatever works.

This week begin to become aware of something that you have been avoiding because it makes you feel a bit uncomfortable. It needs to be important enough to be able to push you through the fear. It needs to potentially make an impact for the better in your life. It need not be earth shattering but result in you feeling good about yourself if accomplished.

Week's Goal: ______

Daily Progress:_____



WEEK THIRTY-TWO

"Here is the test to find whether your mission on Earth is finished: if you're alive, it isn't." - Richard Bach

We are all "beings in process", ever changing for good or for nil. If people have a mission in life, a purpose for getting up each day, the process can become more fulfilling, even when the going gets tough. As a matter of fact, when life becomes burdensome, it may be the only thing that keeps some people going. The longer people live, the more they have a chance to discover and fulfill that mission. Discovering one's own unique mission is where many people get stuck.

This week begin to give serious thought to what kind of impact you want to have in your world. It could be with your immediate family, your neighborhood, community or beyond that. It could be big or small. No matter. Begin to become aware of what impact you would like to make, what you would like to leave behind, how you would like to be remembered. You probably won't discover it in a week but be open to it and it will come to you.

Daily Progress:	Week's Goal:		
	Daily Progress:	 	



WEEK THIRTY-THREE

"It takes courage to grow up and become who you really are." - E.E. Cummings

Truer words were never spoken. With all the pressures both from the outside and within, it is no wonder that people go through life repeating the same old self-defeating behavior that they learned from childhood. They fail to realize that they need not continue to make others, past and present, be responsible for their behavior. They can, as adults, be masters of their own destiny. However, it takes courage to take personal responsibility for one's life.

This week begin to view yourself as an adult, even if you're faking it. Be aware of occasions when you take responsibility for yourself and don't let others take responsibility for how you feel and behave.

Week's Goal:	
Daily Progress:	




WEEK THIRTY –FOUR

"What worries you, masters you." - John Locke

Worry about an unknown future in clinical terms is named "anticipatory anxiety". It is anticipating the possible worst in an unknown future. Worry can keep people from being open to many of the positive experiences of life, fearing the worst will happen. These people confuse a negative possible with a probable. To them, the worst that can possibility happen is perceived as probably happening. The worrying become paralyzing.

This week experiment is letting go of things you generally worry about. Be aware of what actually transpires that you usually worry about. Of those rare times that the worse does happen, see how it results in your inability to handle.

	Goal:		
Daily Pro	ogress:		



WEEK THIRTY-FIVE

"You can't go back and start a new beginning, but anyone can start today and make a new ending." - Maria Robinson

It is far too common to ruminate about the past. There is a tendency to get trapped in the "What ifs" "If only I knew then what I know now". People fail to realize that learning from the past is the best use of the past. The real goal is to consistently utilize today what we learn from the past so we can have a more fulfilling tomorrow.

If you are fortunate to be given another day, begin by beginning to resist the temptation to replay the same "old tape" of the past by attempting to modify behavior that is learned from past mistakes.

Week's Goal:		
Daily Progress:	 	



WEEK THIRTY-SIX

"When you arise in the morning, think of what a precious privilege it is to be alive – to breathe, to think, to enjoy, to love."- Marcus Aurelius

It is far too natural for people to think and complain about what they don't have. The positive is not thought about much and if it is, it is taken for granted. There is a natural tendency for people to think their own problems are unique. However, if a concerted effort is made, positive personal gifts can be identified.

Therefore this week when you wake up, consciously articulate any positives you may have in spite of the tendency to focus on what you don't have. After many years of negative thinking and experiencing, you may have to dig deep. Finding things you can be grateful for and articulating them to yourself can slowly make an attitude adjustment. Also, try to be aware of these things during the course of the day.

Week's Goal:	 	
Daily Progress:		



WEEK THIRTY –SEVEN

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"Know how to listen, and you will profit even from those who talk badly." – Plutarch

People spend twice as much time talking either to themselves or to others than they spend time listening. People engage in mindless chatter through endless self-talk or exchange with others they come in contact with daily. Less time is taken out to listen to what others are saying and discerning what can be learned that can be useful in their journey through life.

During this week, be more conscious of what others are saying instead of being engaged in your own thoughts. You may be surprised what you will learn through less talk and more listening.

Week's Goal:	 	
Daily Progress:		



WEEK THIRTY- EIGHT

"What and how much had I lost by trying to do only what was expected of me instead of what I myself had wished to do?" - Ralph Ellison

A lot of time is wasted on focusing on what others in life expect you to be as opposed to what you think you should be. The goal in life is to truly find and be yourself. However, various forms of the media, family, friends, community, civic and religious leaders, all attempt to influence your behavior. The list goes on. It doesn't end with outside pressures. There are also those messages inside your head from the past and unforeseeable future that swirl around telling you what you should be.

This week begin to develop a healthy questioning about what you hear. You need to begin to wade through what is truth and what is a mixture of half-truths and distortions of reality that you hear every day. You can do this by being vigilant and trusting more in your gut. Trusting in your gut more often does not mean that you will always be right. However, those few times you are wrong, you can treat as a learning experience and make the proper adjustments. It's a lot more reliable than trusting the unquestioning expectations of others.

Week's Goal:	 	 	 	
Daily Progress				



WEEK THIRTY-NINE

"Search others for their virtues, thyself for thy vices."

Everyone we come in contact with, for good or for ill, can be a vehicle for our own growth and development. Everyone comes with a mixed bag. If people only focus on what is wrong with other people, the results are many missed opportunities to become a better person. Even the people who are too toxic to be around for any extended period of time can exhibit qualities that you can get something from that is useful to your wellbeing.

– Benjamin Franklin

This week be less closed off when in contact with various people and look for ways their virtues can help you decrease the amount of your vices.

Week's G	Goal:				
Daily Pro	ogress:		 		



WEEK FORTY

"To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded." - Ralph Waldo Emerson

The above mentioned quote says it all. This week, read the above quote daily and reflect upon what it is saying.

Week's Goal:		
Daily Progress:		



WEEK FORTY-ONE

"You should never be surprised when someone treats you with respect, you should expect it." - Sarah Dessen

By "respect" we mean having a feeling that someone is of value and importance and should be treated accordingly. By respect we mean not only respect from others but also self-respect. Often one's public persona is to put oneself down. Even if a compliment is made, there is a tendency to minimize the positive of what is said.

This week, begin to become aware that you are a person of value. This does not mean to be narcissistic and ego centered. It means validating ourselves, even if no one else does. It means presenting one's self to the world as a person of value, deserving to be treated as such. Positive self-respect conveys the message of expecting respect from others while in turn showing respect for those you come in contact with.

Week's Goal:	 		
Daily Progress:	 		



WEEK FORTY –TWO

"The well-bred contradict other people. The wise contradict themselves." – Oscar Wilde

This is especially difficult when people are quick to form opinions about words and behavior exhibited by others that are contrary to their own. This is especially true when it comes to opinions on government, political parties, religion and various prominent people that come in their lives. It is so easy to pontificate about what each as individual thinks is right. To be quiet and listen, to attempt to discern fact from opinion, to question long held beliefs that no longer work, to be open to alternatives, takes effort. That means challenging themselves before they think of challenging others. In doing so, people may learn more than they ever would by contradicting others.

This week, focus on being open to other ideas that may be contrary to your own. This also includes resisting the temptation to pre-judge others while challenging yourself.

Week's Goal:	 	 	
Daily Progress:	 	 	



WEEK FORTY-THREE

"We can draw lessons from the past, but we cannot live in it." – Lyndon B. Johnson

It is not unusual for far too many people to lament for past mistakes. Instead of learning from past mistakes, they become paralyzed by guilt and regret. Mistakes can be valuable learning tools for living productively. They need not be repeated in the present but can offer opportunities to make the necessary adjustments for improving in the present.

This week resist the temptation to focus on the negatives of the past by examining ways you can change present outcomes. You can do this by figuring out what can be done differently when faced with the temptation to repeat the past thoughts and behavior that are no longer effective in the present time.

Week's Goal:		
Daily Progress:	 	



WEEK FORTY-FOUR

"I wanted to change the world. But I have found that the only thing one can be sure of changing is oneself." – Aldous Huxley

Many people blame their unhappiness on the behavior of others. They believe that if only people were different, their own lives would vastly improve. They therefore spend an inordinate amount of time trying to change others. They fail to realize that they can't change others without others seeing a need and are motivated to change themselves. Time would be more productively spent by attempting to change oneself rather than unproductively trying to change others.

This week, be aware of ways you can improve your thinking and dealing with certain people, circumstances and pressures around you that is more productive in nature. Be focused on the person you want to be and behave and think of ways that bring you closer to your goals in life.

Week's Goal:_____

Daily Progress:



WEEK FORTY-FIVE

"You have to be burning with an idea, or a problem, or a wrong that you want to right. If you're not passionate enough from the start, you'll never stick it out." - Steve Jobs

People are full of good intentions, plans and resolutions that are sincerely talked about but rarely consistently followed through over the long haul. Life gets in the way with its everyday pressures and demands. The situation or occurrence that first brought about the vow to change may have dissipated and with it the burning motivation to change.

This week think about one area in your life that you would like to address, be it within yourself or out in the world around you. Then examine whether or not you sincerely want to address this area. If you don't, go onto something else. If you do, then sit down and develop a plan, step by step, that can get you to the point of being passionate about the possible results. Remember, to proceed in small increments that will propel you forward as you move toward your goals.

Week's Goal:				
Week's Goal: Daily Progress:				



WEEK FORTY-SIX

"You can preach a better sermon with your life than with your lips." — Oliver Goldsmith

Far too many people "talk the talk" but not nearly enough of people "walk the walk". Putting words into action is much more difficult than talking about it. Action requires commitment to behavioral change. There are many more reasons not to follow through on doing something than there are reasons to follow through and do it.

This week, pick a small goal, and commit to follow through no matter what the rationalization you present to yourself not to follow through on your goal. That success, if repeated enough, will act as a building block to attempt other action plans.

Week's Goal:			
Daily Progress:			



WEEK FORTY-SEVEN

"Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power." - Clint Eastwood

No one is perfect. We are all beings in process. The object of life is to keep trying and never give up on self-improvement, no matter what the discouragements or setbacks. People need to truly think about what <u>they</u> want for themselves in life as opposed to what others want for them. This does not mean disregarding what other people have to say. There are people out there who genuinely care about what happens to others who are close to them. However, if the efforts are toward wholeness and reinforce self-respect, then people begin to have power over themselves.

This week, continue to challenge yourself by attempting to discern what you truly want for yourself in life. Next, develop a plan to exert the effort to move you toward that goal in life, never forgetting that you are in a community that is affected by what you do and do not do. This does not mean allowing others to have power over you but realizing that you ultimately have power over yourself.

Week's Goal:	 	 	
Daily Progress:			



WEEK FORTY- EIGHT

"Sometimes people don't want to hear the truth because they don't want their illusions destroyed." - Friedrich Nietzsche

People often make decisions about themselves and the world around them based on emotions, half-truths and false interpretations. Once a decision is made, further incoming information is often skewed in order to maintain the illusion. Breaking this illusion, even with a truth, is often resisted. This is because there is a natural resistance to change of any kind, even if it is a positive change.

This week, be open to new information concerning long cherished beliefs about yourself or others. As a result, you may alter your way of looking at yourself or the world around you that will break some of your illusions and bring you closer to a more balanced existence.

Week's Goal:								
Daily Progress:								



WEEK FORTY-NINE

"When we are no longer able to change a situation - we are challenged to change ourselves". - Viktor Frankl

The initial human tendency when unhappy, is to look to others as the cause of the unhappiness. With this line of thinking, the next reaction is to look to others to change their behavior. People fail to realize that others look to have their own needs fulfilled. When there is a conflict of needs that do not result in a negotiated resolution, stress, frustration and anger surface. A more reasonable, yet often resisted, answer is to focus on personal responsibility to make the necessary adjustments to make one's life more fulfilling. This does not mean residing oneself to what is but rather taking charge of oneself in ways that works best for the individual.

This coming week be aware of a person or situation that stymies you and think of ways you can take charge of yourself in order to bring forth different results.

Week's Goal:			
Daily Progress:			



WEEK FIFTY

To live is the rarest thing in the world. Most people exist, that is all. – Oscar Wilde

To get the most out of any given day is difficult indeed. Far too often people live a hectic, pressured existence where the days just fly by. A typical day can involve work, chores, TV and sleep, only to repeat itself the next day. People settle for what is rather than what could be.

This week focus on at least one day of doing something out of the norm that would be bring you pleasure and a sense of fulfillment.

Week's					
Goal:					
Daily Prog	ress:				
		 	,	 	



WEEK FIFTY-ONE

''If the only prayer you said in your whole life was 'thank you,' that would suffice.'' - Meister Eckhart

A simple, "thank you", are two words that are difficult to say in certain circumstances. Why? For many, it may make them feel uncomfortable and somewhat vulnerable to possible future hurt. A sincere "thank you" can open doors to closeness and connectedness. For some, this can feel threatening.

Also, some people have a hard time taking a compliment. The tendency is to play down what they did. Here, merely saying "thank you" when someone gives a compliment can seem foreign.

This week, be aware of when something is said or done for you that you appreciate. Merely saying "thank you" will be both giving to yourself and the other person.

Week's Goal:_____

Daily Progress:





WEEK FIFTY-TWO

"In the end, it is important to remember that we cannot become what we need to be by remaining what we are." - Max De Pree

As stated before, change, even positive change, brings forth stress. As a result, it is often resisted. However, in order to grow and evolve, change is vital. We are all beings in progress. Therefore, fulfillment in our lives can only be accomplished by moving toward what we are meant to be. By changing in small increments, it is least stressful and stands the greatest chance of success.

This week, make a conscious effort to make small positive changes daily and document the results at the end of each day.

Week's Goal:



"If you feel safe in the area you are working in, you're not working in the right area. Always go a little further into the water than you feel you're capable of being in. Go a little bit out of your depth and when you don't feel your feet are quite touching the bottom, you're just about at the right place to do something exciting."

> - David Bowie 1947-2016



A Transformation Toward Positive Change



Raymond Shocki, PhD, LMFT, LCSW is the founding director of the Life Source Center,

a not for profit corporation, dealing with a wide spectrum of human behavior. Doctor Shocki brings over thirty years professional experience in the field of behavioral health.

In his book, Dr. Shocki takes the reader through weekly inspirational quotes by famous individuals from all walks of life. He then helps the reader understand the relevancy of each quote in their everyday lives, moving them beyond merely existing from day to day to a higher level of functioning.

This book is meant as a guide for individuals of all ages, from all walks of life, who struggle to discover who they truly are and once discovered, how to be their best throughout life. As a result, their relationships will improve as they maneuver through the maze of ambiguities in life. Each week brings to light personal stumbling blocks, recognizing fruitless coping mechanisms and offers alternate strategies to effectively deal with life and its stressors.

"A Transformation Toward Positive Change" aims to help readers discover and actualize the best in themselves. It was written by a behavioral health psychologist who continues to help readers to understand themselves more fully and thereby bring out their best.