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## Change Readiness Self-Assessment

Congratulations on being willing to learn how ready you are to create accelerated results through practical intuition by downloading this self-assessment!

The people who are drawn to this kind of transformation (and let's get real, because that's what it is!) are generally intelligent, know there is 'more' available to them and want to go beyond where they are in life and / or business today by activating their potential and new possibilities.

Typically, these people will say things like "I've tried creating something different but it didn't work and I don't know what else to do", "I'm doing ok but it feels like it should be 'more'" or "things are not working the way I thought they would" – these are all signs that their life could be bolder, happier and more extraordinary.

The great news is that they also know that now is the only time to shift their results.

By committing to creating change through practical intuition, these people can bypass their logical mind and get the real answers that help them to really go for 'it' (whatever that means for them).

They can compress time by getting insights that 'leapfrog' all the stuff that could distract or slow down their results.

And they get information that transcends their comfort zones, expands their vision and goes past what they think is possible to what they really want.



## **Here's the thing...**

Just because a person wants change does not mean they are ready for what they want!

After working with more than 7,500 entrepreneurs, consultants and business professionals to innovate their next-best level through expanding their vision, pursuing new opportunities and having increased performance from their efforts, I have seen people self-sabotage, go into resistance and 'circle' their success because they did not realize what would actually happen when they created change.

The fastest way to create change is through changing your mindset. Changing your mindset ripples throughout everything you say and do. Your results shift because you have aligned with a new focus.

When you no longer accept the status quo, or limit yourself by being 'realistic', it's natural to feel ungrounded and destabilized. After all, you thought you knew what you wanted when you created what you have now – and dismantling what you have to get what you want is not for the faint of heart.

Sustainable change means going beyond what is known, expected or familiar. It means getting outside of any boxes you've been living in and going beyond the edge of what you think is possible to what you really want. And yet, it's not about thinking your way to living an extraordinary life – it's about your focus because whatever you focus your energy on becomes the attraction point for your experience.



It's about becoming conscious of the experience you're creating and why. It's about looking in your blindspot to see the things you might be hiding from yourself. It's about acting on things that might be challenging because you have to break patterns, upgrade your habits and shift how you've been showing up.

Even if you want the change, it can be stressful as the 'former' falls away and is replaced by 'the new'.

Are you beginning to see why you need to be ready to accommodate the type of change needed to live the life you really want?

### **Four Phases of Change**

There are four phases to a change process. Each phase holds the potential for insight and growth. The phase you are in when you think about accelerating your results will determine how ready you are to accommodate the shifts that will inevitably occur from activating your potential and accelerating your results.

The good news is that practical intuition can catapult you from any stage into commitment; this happens because your logical mind is bypassed as you access your personal power in new ways through generating possibilities.

Before going further into defining the four phases of change, take the assessment (to avoid bias in answering the questions which can happen when people want to be in a particular phase).



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## The Change Readiness Self-Assessment

Please indicate each of the following statements on a scale of 1 – 5, with 1 being the lowest or least likely and 5 being the highest or most likely, in terms of how you feel the statement applies when you think about creating change in your life.

1. \_\_\_ I look forward to new experiences.
2. \_\_\_ I tend to go with the flow when things are in flux or change rapidly.
3. \_\_\_ I have reserves (extra supplies) built up around my home and / or office (i.e., pens, paper, ink, toilet paper, pantry items, etc.).
4. \_\_\_ I actively seek out adventures.
5. \_\_\_ I am satisfied with everything as it is in my life.
6. \_\_\_ I try new restaurants and / or driving routes regularly.
7. \_\_\_ I follow through when I give my word.
8. \_\_\_ I am known for having difficult conversations when necessary.
9. \_\_\_ My friends would say that I embrace change.
10. \_\_\_ I tend to anticipate change and plan for it as best I can.
11. \_\_\_ When I can see that change is coming, I educate myself as much as possible on what it could mean for me.
12. \_\_\_ I believe that change is evolution in action.
13. \_\_\_ I handle stress well.
14. \_\_\_ I need to control situations to feel comfortable.
15. \_\_\_ My life has a predictable rhythm to it.
16. \_\_\_ I daydream at least once a week.
17. \_\_\_ I look for situations, relationships and circumstances to prove me right.
18. \_\_\_ I am always ready to meet new people and learn new things.
19. \_\_\_ I like surprises, mysteries and unexpected serendipity.
20. \_\_\_ I like knowing what I am doing.



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Please total your score for all answers here: \_\_\_\_

### **The Legend**

See where the total of your answers falls in the following numerical ranges to learn how ready you are to change your life and / or business through activating your potential and accelerating your results.

#### **0 – 35: The Phase of Denial**

This phase can be an unconscious reaction in that there may be awareness about a desired shift but also a belief that there is no need to fix or change anything. At this stage, it is helpful to be aware of your emotions, especially apathy, fear or impatience. Observe yourself to see if you become preoccupied with details rather than on creating momentum. Pay attention to the types of conversations you are having to see if they are change-averse.

If you find that you are in denial, give yourself time to adjust as well as remembering your motivation for considering change in your life and / or business. Anticipate that you will need a little 'comfort' in seeing what could disrupt your world and talk with trusted friends to enlist their perspective and support. No matter what, do not allow self-sabotage! You can live the life you really want... and every part of yourself needs to know and believe that.

#### **36 – 55: The Phase of Resistance**

This phase is not about resisting the change but, instead, is about resisting the potential loss of something, a lack of control once the process begins or to not being good (competent) with some new behavior or activity. The good news is that agitation leads to breakthrough.



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As contrary as it might seem, it is helpful to inquire about the resistance rather than forcing the change to work. Resistance is a signal for engagement and answering objections and doing a reality check. Encourage your concerns to surface so you can feel your feelings fully and then release them. Give yourself a break through the change process because you really will be 'losing' control and competency (to some degree) as the 'new' emerges.

#### 56 – 75: The Phase of Exploration

In this phase, most people suspend their disbelief and allow desire to lead them through brainstorming new options. They are looking at the future, seeking alternatives and possibilities and problem-solving. It is helpful to channel restlessness and curiosity into positive directions. Brainstorm, strategize, invite input from trusted others... encourage yourself to go beyond what you think you know into what you would like to believe is possible for yourself. Acknowledge that you are in a change process and may need more information – be ok with not knowing or being perfect. And play with potential – your own and that of the situations around you to see how far you can take it.

#### 76 – 100: The Phase of Commitment

This is the optimal phase for change readiness because there is inspiration, an expanded vision and new intentional synergy around the desired outcome. The focus is about determining and taking action to create the desired result as well as a willingness to adapt current circumstances, relationships and situations to the new outcome. You will have a willingness to look for synchronicities as a natural extension of the alignment with living the life you really want.

It is helpful to monitor your energy so you can do more of what feels good. Be willing to learn what you don't yet know. Consider what is needed to make things work or flow better. One key



to success is a sense of 'frictionless' ease, meaning that things flow without constriction or limitation. Include others in your 'new' mindset, actions and goals so you have the support you need as you go. Become your own champion by acknowledging your success at each stage of transformation.

### **Your invitation...**

If you discovered that you are ready for big change NOW, and you want guided support to see what that could mean by working with me in an introductory 1:1 session, let's make it happen!

Sessions are typically conducted by phone (and I can record it as an mp3 for later) or Skype (you record it). We can cover specific questions or see what surfaces during our time together. The idea is that you have an experience or a-ha moment during our 30 minutes together. (Since 1998, I have never had anyone walk away from this session without that happening... BUT, in case you are the first, know that I stand behind my work and will make it right so this is risk-free for you.) ;+)

Please click on this \$99 payment link: [Intro Session](#)

Once the payment comes through, either me or one of my staff will be in touch via email to schedule our time together as soon as is convenient for you. (Odd hours and weekends are totally ok!)

I'm looking forward to working with you to accelerate your results through practical intuition... it's an honor and my privilege to support you in living the life and having the business you really want. :+)



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## About the Author



Lynn’s path to becoming an intuitive started early. At age 6, she was seeing people who had crossed over, like her Uncle Eddie in his zoot suit the night he passed. At age 13, she was hanging with her two best friends in the front yard talking about what it would be like when they were old – like 30. She predicted that one would be married with children and the other a corporate New York go-getter – both turned out to be true. At 17, she heard the words ‘you are here to actualize potential’ and \*knew\* that was her life purpose (a.k.a. “entelechy”) (Google it!).

By 22, she was on the entrepreneurial path. In fact, she was one of the original phone psychics back in the day (before it was popular to have a psychic on speed dial).

For Lynn, using her intuition in business is sacred because it is about serving others to help them have a better life by their own definition – the money is a by-product of doing good work. What lights her up about this work is seeing people’s lives change instantly. It is typical for people to change lifelong beliefs within the first 60 minutes as a result of new clarity.

Lynn Scheurell’s philosophy is that all events and outcomes are connected to universal consciousness. And when you know how to strategically access and apply your innate and





natural intelligence within that framework, you are able shift perspective and make an instant impact to get the results you want.

She further believes that, once you have the clarity to observe your own power through your own actions, your patterns and your environment, you give yourself access to the power you have to punch holes in your personal myths and limitations to create new results.

Today, her clients report that Lynn's intuitive gift has given them insight and courage to make even the toughest decisions easier – everything from getting a divorce to investing in major property deals to finding their life purpose to systematically monetizing what they know. Having worked with more than 7,500 people to date, her clients have ranged from an elementary teacher who became a nationally-known speaker trainer to a bookkeeper turned international radio show host to struggling entrepreneur turned artist.

Lynn's ability to 'read' a person's unique energetic signature gives her a powerful advantage in her work. Through her proprietary 5-step GEENI System, together, these five elements consistently reveal the obstacle, block or barrier in a situation, relationship or circumstance for what it is which allows her clients to (re)claim their personal power for instant transformation.

Lynn's perspectives have been shared in the media (CBS, FOX, NBC, ABC) and she was recognized as one of WE Magazine's top women in ecommerce, has won awards and been endorsed by hundreds of clients for her innovative approach to results. She has written more than a dozen books, has contributed to numerous magazines and blogs, and has been a guest on several podcasts, telesummits and radio shows.

Download free resources from her site at: [www.LynnScheurell.com](http://www.LynnScheurell.com).