



THE HIVERY

FIVE TRUTHS OF TRANSFORMATION

How to Get Unstuck and
Create Your Next Chapter



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Truth #1

CHANGE OFTEN STARTS IN THE MUCK, THE MESS, THE HEARTBREAK.

Real change starts when (choose the answer that feels most true to you):

- a) Everything is just perfect.
- b) You're enjoying the status quo.
- c) When you're super busy with all the "shoulds" and "to-do's."
- d) When you're uncomfortable or the status quo no longer feels acceptable to you.

What is happening in your life right now that is causing you to inspect your deepest desires and consider making an impactful change? Why now?

*"You have to be willing to be deeply vulnerable
in order to get to the center of your own soul."*

— *Grace Kraaijvanger*



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Truth #2

WE OFTEN REFUSE THE CALL OF TRANSFORMATION BECAUSE OF INSECURITY AND FEAR.

Throughout various stages of transformation, it's often us who initially refuse the call, or create barriers to change. Barriers like, "I'm too old. I won't make enough money. I don't know what I'm doing. I don't have enough time. I have too many other responsibilities," are great ways to get in our own way. That internal mind chatter can be the most powerful and listened to voice of all. Successful transformation occurs, not when we rid ourselves of that voice (as that is most often not realistic), but when we learn to recognize the voice for what it is (fear) and develop the emotional fitness to keep moving forward anyway.

List three ways that resistance or fear are causing you to refuse or delay the call to make impactful change.

1)

2)

3)

List three ways you can quiet the voice of fear or work through it to keep moving forward.

1)

2)

3)

"Nobody wants to do it - not real change, not soul change, not the painful molecular change required to truly become who you need to be. Nobody ever does real transformation for fun. Nobody ever does it on a dare. You do it only when your back is so far against the wall that you have no choice anymore."

— Elizabeth Gilbert



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Truth #3

TRANSFORMATION COMES FROM A WILLINGNESS TO DO THE WORK.

What ritual(s) can you implement at least 3x per week that get you closer to the change you desire? When will you do them and where? Be as specific as possible.

Example:

- I commit to meditating each morning in my bedroom for 20 minutes before I get ready for the day.
- I commit to creating a meditation spot that is ready for me with candles, headphones (for my Deepak Chopra and Oprah Meditations!), a few special objects, and a fluffy rug.
- I commit to writing in my journal afterward for at least five minutes.

List three ways you can you show up more fully THIS WEEK to get you closer to the change you desire.

1)

2)

3)

“Dragons have to be slain again and again...”

— *Joseph Campbell*



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Truth #4

**REAL CHANGE OCCURS WHEN WE BECOME WILLING
TO NOT KNOW THE OUTCOME.**

True transformation comes when you are willing to let go of what is comfortable and known in order to step into the next chapter. Not knowing the outcome and trusting anyway is the creative process, and lasting change can't be made without acceptance of the mystery of what is ahead.

What can you do today that takes you out of your comfort zone and closer to the next chapter of your desire? It can be one phone call, setting up a coffee, inquiring about a new program, or writing a blog post. What do you commit to today that makes you a little uncomfortable?

What can you commit to by the end of the month that takes you out of your day-to-day and closer to how you want to FEEL?

Be specific. What is it? Where is it? When will you do it?

How do you implement?



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Truth #5

CHANGE IS NOT INSTANT.

Transformation is often a process, not an explosion. It is a soft opening of the heart and the head that begins and ends with self-love. Transformation won't strike you on a Tuesday and hold you in its grips for all the days of your life. Transformation is a process that washes through you, creating introspection, exploration, forgiveness, compassion, delight, and ultimately self-love.

How are you practicing patience with yourself as it relates to creating personal change?



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Conclusion

The desire to make personal, impactful change in one's life is not enough on its own. Transformation requires action, patience, acceptance, kindness toward self, and a willing curiosity. With the exploration and commitment of these five truths, the adventure, joy, and magic of creating transformative change can become something that inspires and fuels you, instead of feeling scary. You were born to contribute something meaningful to this world, and YOU are the only one with the skills, knowledge, experience, pain, and joy to deliver it.

There is only one of you, and you've got this.

*“One life on this earth is all that we get,
whether it is enough or not enough,
and the obvious conclusion would seem to be that
at the very least we are fools if we do not live it
as fully and bravely and beautifully as we can.”*

— Frederick Buechner