

HOW TO PLAN YOUR PROJECTS FOR CHANGE

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In the Self-Concept Practitioner Certification™ your goal is to transform your life.

The building blocks to transforming your life are:

- First, transforming a quality. Here is where you learn how to change your first generalization;
- Second, transforming a context. Here you learn how to transform an area of your life (like your relationships, health, career, finances);

Then by transforming many contexts, you transform your life.

You start at the **foundational level**, learning the basics of the model (**Level 1**). In that level, your goal is to transform your first quality by yourself.

Projects for Change (Level 2) is how you transform a context of your life. Then project by project you transform various contexts and thus you change your life.

You can plan for your Projects for Change (PFC) in 3 simple steps:

1. **Context and goals:** choose the context you'll transform and define the goals you want to achieve in that context;
2. **Values:** Then you elicit your values around that goal;
3. **Qualities to transform:** Then your mission is to transform 5 qualities that are relevant to your context and your goal in the next 90 days.

To complete your Project, you can use **all the resources available in your SC Practitioner Program**. That means that you can use the PFC calls that are on the calendar, but not only that. You can use the Foundational Track Calls, the Pod Calls, the Connection Calls, the videos. And you can work on yourself, which is very important. That gives you the freedom to change whenever you want.

How do I choose what qualities to transform?

There are a few ways of choosing qualities that are relevant to your context and your goal.

The first thing is to make sure your **outcome/goal is well-formed**. In your Dashboard you'll find an 1 hour Workshop about how to do Well-formed Outcomes.

Watch the Workshop and use the PDF that you have attached to get clarity about your goals and plan.

Following the script, you'll have different opportunities to find relevant qualities. You'll find different qualities that you can transform:

1. **Transform higher values into qualities:** transform your higher values: when you do your values elicitation, you'll become clear about what your higher values regarding that context and that goal are. So the best place to start is to transform at least the 3 to 5 higher values into certain qualities.

You can have support while doing that in the foundation track call #7, in the Pod calls for eliciting values and you can also do it by yourself using your video training;

What do you want? (Outcome/Goal)

- Make sure it's stated in the positive as in "I want..." rather than what you don't want.
- Make sure it's tangible meaning it has to be something you can see, hear, and/or touch so that you can measure whether or not you're moving closer to it.

What is the context in which you want it?

- What is the When, Where, With Whom of your outcome?
- Is what you want found in your social life, your career, your intimate relationship, etc.?

Intention, Values, and Meta Outcomes (See Values Elicitation)

- What will having this goal do for you.
- What is important to you about achieving this goal?

2. **Transform internal resources into qualities:** transform the important internal resources that you need into certain and solid qualities of who you are.

How

- What is your strategy for achieving this goal and do you have more than one?
- Is it something you can control as in can you initiate it and keep it going or do you need to depend on something else (like luck) or someone else?
- What is the first step toward making this goal happen?
- How will you measure your progress? -What internal resource(s) will you need?
- Will you need any external resources like money or someone else's expertise or knowledge?
- Will you need to cultivate a skill to accomplish this or do you already have the necessary skill(s)?

- 3. Transform the values from resisting parts into qualities:** when there's resistance towards a goal, usually it's an unconscious part of you that is trying to fulfill some value. Instead of fighting the part, we listen to it and integrate it. So we incorporate the value that the part is trying to fulfill to our outcome. For example, I may have resistance to express myself (being authentic), because I want to preserve relationships, which preserves a feeling of connection. When I integrate that part, I bring connection to my authentic expression, so the resistance is no longer there. You can take a step further and transform the value of the resistance into a certain quality. So in the example, you would transform "connected" into a certain quality.

Congruence

- Do you have any internal objections or resistance to achieving this goal?
- What is the positive intent of any internal objection or resistance?
- How will you use that positive intent to help you achieve this goal congruently?

- 4. Transform other qualities helpful to handle the larger ecology:** choose qualities that can help you deal with your larger context.

Ecology

- How might achieving this goal affect important relationships positively or negatively?
- If there are negative effects, what might you need to do differently so this doesn't happen?
- How might achieving this goal affect other external systems, contexts, or relationships that are important to you?

Once you have your 5 qualities to transform, then it's just about putting them in your Transformation Tracker™ and starting accomplishing your project!

Once you have your plan, you can bring it to a [PFC Planning](#) call (at the end of each [Foundation Track](#)) to get your plan reviewed. Or you can bring your questions to a [PFC Mastermind™](#). In these calls, we'll answer all your questions to make sure you have a good plan, so you are ready to start implementing your project.