

Part 4: ADJUST.

Adjust what you did to improve what happened! And keep repeating the **ASA** stages - and even changing the 'D' if necessary - you can change what you want. Remember, "The person with the most flexibility has the most power" - usually, anyway.

Have you got fed up with people who refuse to give way, who insist they are right, and therefore everyone else has to change or go? This is a mark of behavioural inflexibility. It reveals a lack of ability to learn, and ends up with people moving away from the control of such people wherever they can. Being with inflexible people is not very enjoyable, in fact, it's a pain.

Better Results

This final key to **DASA** is being willing to *adjust your behaviour* so you get a better result from all the effort you put in. Contrary to popular belief, people do not lose all credibility if they are ready to adjust their behaviour. They often get admired instead.

How flexible are you?

A Little Story...

I remember the man who wanted to take part in a marathon walk from the Arctic Circle to the Equator. "You're too unfit and don't have enough back up" everyone told him. "You'll never make it." But the man knew he could. Hadn't he walked every day of his life? Didn't he have two healthy legs? And some savings?

It would take time. He would turn it into a holiday and enjoy the trip. He would look over the hills and lakes and look forward to enjoying each day. He would start at the proper time, and if it took him twice as long, that would be fine. So he planned his route, said goodbye to his friends and family, and set off...

The man arrived at the finish many days before any of the official highly trained competitors. He realised later he had not known, nor kept to, the rules. He had walked when he could, instead of during the official hours, and as he got used to it, each day he went a bit further than the day before.

No one had told him of the strict rest days - or what he was to eat. He enjoyed sandwiches bought from the local shops, walked in sunshine and in rain with a trusty anorak keeping the sharp wind at bay. And he kept going. And going.

And today he is teaching me how to reach my destination.

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DASA

Powerchange®

Invading the Impossible?

In 1961 President John Kennedy declared "I believe that this

nation should commit itself, before this decade is out, to the goal of landing a man on the moon and returning him safely to earth."

When asked how he was going to do that, Kennedy is reputed to have answered, "I have absolutely no idea."

Some goals initially seem too big to achieve, some journeys too hard to make. However when you look closer you'll notice that they are composed of lots of little steps and stages - 10s, 100s, 1000s, often millions of little steps - each of which is perfectly manageable. 'Anyone could make that step.'

This DASA Worksheet helps you create the steps you need to arrive at your chosen destination - steps which you can repeat and practice as much as you like until you get your achievement skills really sharp, then you can progress to the next one.

Often a step requires a skill you need to develop. Others can be easily achieved immediately.

Some steps are dependent on others being in place. Others are completely independent and you can just do them.

Results!

Suddenly you find yourself closer to your desired destination; what you want is happening; you are achieving your goal.

This process benefits from a few readily available resources - the creativity of your amazing brain, the ability to take small steps, the humility to take them - and time. And of course the skills, support and encouragement of your Powerchange Coach.



In July 1969 a US astronaut actually walked on the moon, and returned safely to earth. So what might that tell you!