

Art & Science of Transformational Change*

**Science refers to the way the brain works. Art refers to the life you want to create.
The process of creating transformational change is the same for everyone; the
outcome (destination and direction) is unique to you.**



Imagine you're on a rock in a river. You have a 360 degree view from your rock. You can see lots of things from this vantage point: the flowing water, sky, some other rocks, the immediate landscape on either side of the river. You might be able to see the water curving around a bend in the distance, but you have no idea what, if anything, is around the bend

There might be other rocks beyond your field of vision and landscape beyond the river banks, but you don't know because you can't see that, either. *What you see is all there is.* And as long as you remain on that particular rock, you will only be able to see what you can see from that rock.

If you want to see something different—or see things differently—you have to move to another rock.

The things we want are transformative, and we don't know or only think we know what is on the other side of that transformation. —Rebecca Solnit

The Art & Science of Transformational Change identifies: what transformational change is and what it isn't, major challenges everyone faces, as well as challenges more likely to be faced by some than by others; how our response to our emotions can either keep us stuck on the rock we're on or lead us to a brand new rock; and the power of operating from experiment mindset rather than production mindset.
