

## Essay: Re-Inventing Oneself, or How To Change

Before I decide to fix the world, I should first try a little self-improvement. Many people walk through life without really considering who they are, and fewer still ask themselves if that is who they want to be. In my experience, this is because most folks can't see how to go about changing themselves and some even think that change is somehow a betrayal of their essence.

To reinvent yourself you need three things. 1) A **vision** of who you want to be. 2) You need to know **how to make a change** in yourself, and finally, 3) You need to have the **courage** to do it.

Your vision can be reached through many paths. Look at those things that you take pride in about yourself; contrast them with those things that embarrass you. This should start to indicate where your soul is trying to head. Next identify the ultimate form that you would take if you followed this path. Now you have your vision. But don't think this will remain constant throughout your life. As you change, grow and learn, you will want to change your vision. This is a good and normal thing, so fear not.

The method that I have found to change myself is simplicity itself. Become an actor. Take one part of yourself at a time, and start acting as if you had already achieved that change. It will feel awkward and fake at first, but the more you practice it, including the feelings behind the actions, the more it will become natural to you. Eventually you will be acting correctly without even thinking about it and your motivation will become a part of who you are. Then you are ready to tackle the next part of yourself that you think needs improvement.

You will need courage to do this. Remember, all of your friends and family are expecting you to stay the same. Whether you know it or not, you are partly who you are because of a desire to meet these expectations. It is therefore natural for you to fear the confusion and perhaps rejection of those nearest and dearest to you. All I can say is that you have to trust them to still love you because you are becoming a better person, not worse. The more courage you have, the bigger the steps you can take in remodeling your soul.

**We learn only what we do;  
And what we do, we become.  
Live therefore,  
In the ways you desire to have  
As part of your personality.**  
*- by Virginia Voeks*

For discussion or writing:

1. Make a plan, according to the guidelines above, of how to re-invent an aspect of you.
2. "Become an actor." What does this statement have to do with re-inventing oneself?