

GROWTH vs. TRANSFORMATION

Most coaching, consulting, leadership, training, seminars, books, etc. support you in creating more growth.

Growth is a good thing, and not to be dissuaded. Growth feels good to us as humans and people making an effort to grow should commend themselves.

That being said, growth is **distinct** from transformation. Distinct doesn't mean better or worse. It simply means they are not the same thing.

When we confuse growth with transformation, we run into a host of problems, just like if you confused pouring tomato juice on your cereal as being the same as pouring milk, you'd find breakfast problematic.

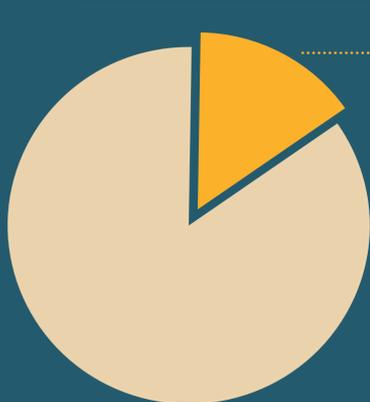


Nuh-uh, this isn't a problem for me anymore, I just skip breakfast!

Until we have two things distinguished, we don't have the power to choose between them.

THE LIFE OF PIE

This pie chart represents all that is possible in life.



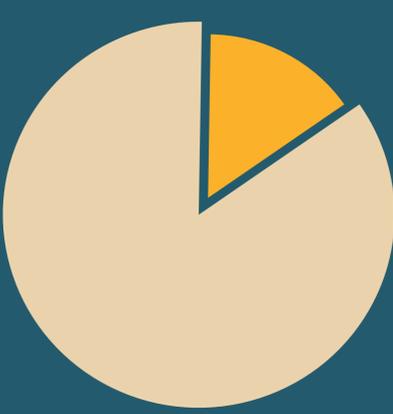
THIS WEDGE OF THE PIE represents the range in which you are comfortable operating. It holds everything that occurs as possible to you, based on your beliefs, stories and patterns about how you and the world are, and operate.

If you have a belief that creating intimacy with someone takes at least five dates, then this pie wedge contains the possibility of meeting someone, and slowly falling in love with them over the course of five dates. It also contains the possibility of meeting someone and faking falling in love with them, until you really do at around five dates (which can still exist inside your stories about love and intimacy).

This pie wedge contains all sorts of trade-offs and compromises between your beliefs about how you and the world are.

If you believe you have to work hard in order to make a lot of money, then this pie wedge includes the possibility of you working really hard and making a lot of money, and it includes the possibility of you taking it easy, and being okay with not making a lot of money.

WHAT THIS WEDGE DOES NOT CONTAIN is everything that is impossible, given your stories and beliefs.



THE REMAINDER OF THIS PIE contains everything else that is possible outside of your limiting beliefs and stories.

For example meeting someone and immediately falling in love with them, and knowing they're the one, and having them reciprocate that experience. If your beliefs create a trade-off between time and money, then the rest of this pie would include possibilities like working half as many hours, and making twice as much money.

EVERYTHING THAT EXISTS IN THE REST OF THIS PIE occurs like fantasies, rather than possibilities.

Yah, that all sounds like a lovely fantasy wish for, but I've got shit to do. So, I'm going to keep my attention on the real world, thank you very much.



THIS BRINGS OUR ATTENTION BACK TO THE PIE WEDGE,



AND KEEPS IT FIXED THERE.

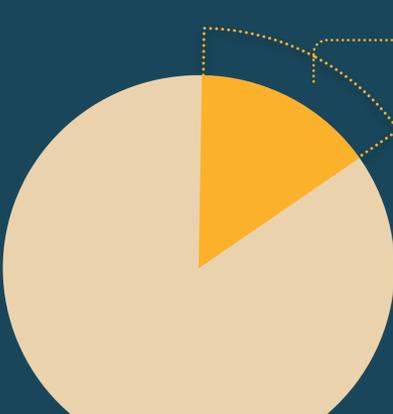
GROWTH IS ABOUT EXTENDING THE PIE WEDGE

There are plenty of things you have not yet achieved that lie beyond the outer edge of this pie wedge.

You may want to become a lawyer, but don't yet have the expertise or knowledge to do so.



Yah, but I know what I need to do. I'll need to study, and go to school, and invest about three years of my life.



If this is still something that occurs as a possibility to you, then it likely lies beyond the edge of your current wedge of pie. It's not an **impossibility** in your life — it'll just require some work on your part to make it happen.

You don't yet know everything required to achieve this, but you know what you need to do to get there.

Goals like this one lie beyond the boundaries of your current wedge of pie. In order to achieve this result, you'll need to extend your pie wedge.

This is where most of our attempts to develop ourselves are focused. Rather than expanding our range, and increasing the total amount of possibility we can create in our lives, we instead put our attention on pushing the edge of our wedge outward.

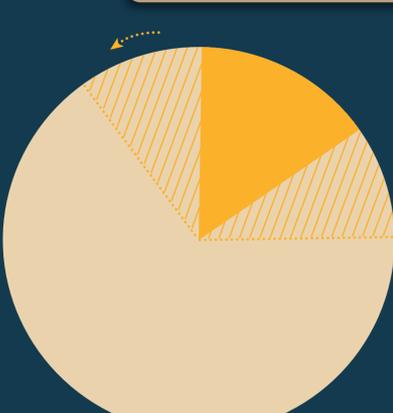
You make real that which is already possible for you. Put differently, you move it from a possibility into a reality. Just to be clear, this is a great thing to do. **This is what we call "growth".**

What is most important here is to note that while you are expanding your wedge outwards, your access to all of what is available in life remains exactly the same, proportionate with the rest of the pie.

YOU'VE GROWN, BUT YOU HAVEN'T EXPANDED YOUR RANGE.

TRANSFORMATION IS ABOUT EXPANDING YOUR RANGE

Growth is not the same as transformation.



Transformation is about gaining access to what was previously impossible. It's about expanding the size of the wedge of what is possible and available in our life.

This kind of work often feels counter-productive at first. Rather than seeing the edge of your wedge push outwards, having you see more results get created, you tend to feel stuck. You're resisting into the impossible, and confronting the stories, beliefs and patterns that define the edges of your pie wedge, keeping it static.

This is the heart of transformation. Expanding the range of what is available to you in life, and then creating results that were previously impossible.

Your beliefs about how you and the world are will serve you to get more of the same, while simultaneously limiting your results inside of what that pie wedge allows for.

WHAT DO I DO WITH THIS?

The beliefs and stories that create the pie wedge in the first place will have you naturally resistant to what is available outside of it. Use your resistance as a compass for your transformation, guiding you towards where your edge is.

Start to look for and get familiar with your resistance. What are you right about? What have you decided about the way you and the world are?

Most people undertake efforts to extend their pie wedge, while insisting that it is actually breaking. An attachment to growth prevents you from the opportunity of discovering something different.

So, take a look at the actions you take to grow, and see if you can distinguish how they are more of the same — versions of what you are already reliable for doing, but better, harder, faster and stronger.

Growth works because of how automatic and intuitive it is. Over time, we become more attached to what is available inside our pie wedge, and more resigned to the fact that everything outside of it is a nice idea, but not really available. This is the process of aging and becoming rigid in our thinking.

Notice what you've resigned from in your life. What possibilities have you decided are simply not going to come to light for you?

If you insist that nothing is impossible, you might take a look at timelines as the place where your impossibility and resistance shows up. Sure, you can have that in twenty years. But what about the possibility of creating it in two?



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