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## HOW WE CAN HOLD THE PATH OF TRANSFORMATION

# CREATE BRIDGES TO NEW REALITIES

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The personal world and the external world are connected by lines of stories that create global explanations from fragments of reality. For this reason, we cling to our language that defines our daily events. Verbs are the bridges between our inner world and all that surrounds us. They determine the actions that bring us closer or move us away from the realities where we live.



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DISCOVER

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To develop the transformation, you need verbs that will inspire you to extend the horizon of your landscape, and verbs that motivate you to sustain a path of transformation. The verbs that you use to deal with the context may generate enthusiastic participation (which moves you to have more dialogue) or a passive resignation (trapped in frustration and inertia).

People change if they have the decision to transform their living conditions. People can change their lives if they have the determination to modify the verbs that connect them with new realities. The oppression of our daily lives is not related to the characteristics of the outer world, but rather the possibilities of our inner landscape. Therefore, the inertia that oppresses our lives is not associated with the adjectives that describe the outside world (for example broad, dark, attractive, aggressive, beautiful, restrictive, etc.). The oppression is related to the verbs which define our decisions related to these features (what you choose, want, try, hide, justify, believe, claim, refuse, etc.)

The conquering of new realities is settled between two dimensions: what inspires you to moves from your comfortable dissatisfaction; and what motivates you to keep a new direction in your life. Leading a process of transformation requires an articulation between visible short-term results (motivation) and the impact of outcomes in the long run (inspiration). The motivation relates to the effects of the change in the present. The inspiration involves the aspirations of the change in the future. The results in the short term are those that reinforce your motivation due to the visibility of change that improves your engagement. On the other hand, the impact in a long time supports your inspiration because it frames to the meaning of everyday decisions.

To introduce new realities in your life, consider two aspects. First, draw a promising horizon to leave the known world and frames their movements and decisions. Second, strengthen the emotional determination to negotiate with the challenges of reality. The richness of purpose generates inspiring verbs that allow you to extend the boundaries of your inner landscape. The strength of commitment creates verbs that maintain your motivation facing the challenges of these new realities to be explored.

OPPRESSION

INSPIRATION

MOTIVATION

NEW REALITIES

APPLY

# HOW

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## ■ Draw a New Horizon

**Unfold your inspiration.** The boundaries of the territory where you live are a personal creation of your narratives. Find the words that inspire you to nourish your personal script. Identify the “bridge verbs” that define actions towards your inspiration.

**Catch the unexpected.** Cultivate a routine to be surprised. Pablo Picasso used to say: “Inspiration exists, but it has to find us working.” Transform the causalities into meaningful encounters. Create a sensitive routine that is open to the unforeseen.

**Recover your inner space.** Beware of the situations that invade your inner space and transform the change into entertainment. Recover your inner silence to face outside noise. Go inside your inner world to make decisions about the outside world.

## ■ Hold the Determination

**Diversify the responses.** Do not cling to a single mode of reactions. Distinguish the objects of your answer to locating your emotions in the right answers. Dismantle “packed moods” that become difficult to manage because they are dense and inaccessible structures.

**Shift the discouragement.** The quality of your transformation will depend on the points where you place the focus on your experiences. Accept adversity as a starting point for your learning. Do not respond stereotyped to situations that bother you.

**Bring the future to the present.** Bring the future to the present allows you to extend the results of your movements, so you do not run desperately. Introduce perspectives on your decisions. Accept the present from an inspiring horizon, do not resign yourself to an irremediable present.