

A lack of self-awareness is the behind the growing level of unhappiness in women

In today's society, where time is money, women are striving to be the best in their careers and the best at home. They have families to care for, friends to keep up with, jobs to hold down and kids to raise. They are working harder than ever before and the only break they seem to get is when they sleep, and most of them aren't even doing that well.

At the same time, they are comparing themselves and their lives to others and thinking; Am I good enough, smart enough, earning enough or fit enough? They feel like everyone else in the world has it all together, so they suffer in silence.

As they become more consumed by this daily grind, they are dampening their true feelings and hiding their true character. They are living their lives reacting to external factors and demands placed before them. Then one day they look at their life and think "how on earth did I end up here?". They realise they have no idea who they are, what they want to do or who they want to be*. They realise that somewhere along the way they lost their joy and the life they are living doesn't makes them happy.

The Change Journey guides women through ten stages of self-awareness supporting them to ignite change in their lives to gain a more empowered relationship with themselves and live a happier life.

"The Change Journey is a beautiful and inspirational guide to honouring yourself that shows you exactly how to get there."
Mike Dooley, NY Times bestselling author of Infinite Possibilities

The Change Journey is for women who:

- Feel like that have just gone through life doing what they "should" do
- Have no direction, goals or desires in life
- Put everyone else first
- Have no idea what brings them joy
- Haven't laughed in a long time
- Can't remember the last time they indulged in something, purely for themselves



The Change Journey gives women permission to analyse their life and discover which parts they love and which parts they want to change. They are given tools and techniques to help them change their perspective on their life, how they see themselves and their interactions with others.



The Change Journey is a handbook for a new way of life. It incorporates the use of 44 characters (alter egos) that represent character traits the women can bring their awareness to, and change how these traits show up in their life. The characters all have names such as; Optimistic Olivia, Grateful Greta, Brave Bridget. Each character also has a flower associated with them which brings in the healing properties of the flower to the character enhancing the energy behind each them.

In 2005 Nikki Lane left her marriage for no other reason than she wasn't happy. She wasn't being abused. They didn't fight, and they didn't hate each other. She just looked at her life one day and wondered, 'How on earth did I end up here?' This wasn't the life she wanted to live and neither was her husband the person she wanted to spend the rest of her life with. She decided that living a mediocre life wasn't enough for her, so she left. Turns out, it was the best decision she ever made.

Having undertaken her own Change Journey of self-awareness, she is now sharing her experiences and messages with women from all around the world via The Change Journey. Her intent is to increase the level of happiness in the world, one woman at a time, because everyone deserves to enjoy life.

For more information visit www.thechangejourney.com.au or contact Nikki Lane direct on +61 415 670 130

*Organisational psychologist, Dr. Tasha Eurich's research concluded that 95% of people believe they are self-aware, but only 10-15% of people actually are self-aware.