

## **Chapter 19**

### **Transformation and Gratitude**

**By Coach Dale Young**

Coach Dale Young considers it a true blessing to serve as a clarifier for Christian entrepreneurs and business owners, helping them align their gifts so their business becomes a purpose-driven mission. His approach blends the latest science on personal growth with time-tested Biblical principles, guiding clients to lead with clarity, intention, and faith.

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When it comes to the subject of gratitude, I want to start with something a little different. I need to acknowledge a transformation—SAM’s transformation. This kind of change is what we all strive for. But let me tell you, transformation doesn’t just happen. It’s a process, one that I’ve thought deeply about and developed a formula for over time.

Transformation involves four key aspects: information, inspiration, implementation, and integration. Let’s break these down.

## **Information**

The first step is information. You have to know what's going on. You need clarity about what you want to change and some understanding of the process. This is the intellectual piece, and thankfully, it's relatively easy to find. Google can give you all the information you want. But information alone won't get you far.

## **Inspiration**

The second piece is inspiration. This is where the heart comes into play. You need the drive, the passion, the fire inside to take action. Many coaches specialize in inspiration, and while it's powerful, it's still just one piece of the puzzle. Here's a critical side note: understanding your calling is part of this. You need to know your "why." But before you know your "why," you must understand "who." Who are you? Whose are you? When you know this, the rest starts to fall into place.

## **Implementation**

Next comes implementation. This is the practical part, where you actually take steps—even if they're small and imperfect. You try, you fail, and you learn. Fail, after all, stands for "First Attempt in Learning." It's in the trying and failing that real growth happens. Success can be great, but failure teaches you more.

## **Integration**

Finally, there's integration—a piece I haven't seen many others talk about. Integration is about making the change stick. It's about building habits, rearranging your

life, and creating the support system that helps you stay at that next level. Integration often requires community. You need people around you, sometimes even a coach, to support this phase. This is where the transformation becomes permanent.

Information, inspiration, implementation, and integration: together, these create transformation. And yes, transformation can happen quickly. God can make it happen in an instant. But for most of us, it's a longer journey. That's okay. What matters is the process and the growth that comes with it.

### **Gratitude as a Key to Joy**

Let's shift to gratitude. Gratitude was my word of the year for 2024, and I can't emphasize enough how it shaped my year. Honestly, 2024 was close to a disaster for me in terms of business and personal challenges. But focusing on gratitude changed everything. Instead of dwelling on what went wrong, I focused on the blessings I still had: I was alive, breathing, fed, and surrounded by a wonderful wife and support system.

There's science to back this up. The brain runs on two kinds of fuel: joy and fear. These two cannot coexist. When fear takes over, joy disappears. Gratitude is the key to flipping that switch. If you find yourself in a fearful or negative place, think of something you're grateful for. It can be as simple as having a warm home or good food. Gratitude moves the brain from fear to joy.

## **Building Habits Around Gratitude**

To cultivate gratitude, you need habits. For me, it was a song: “Gratitude” by Brandon Lake. I played it almost every day in 2024. For others, it might be writing down three things they’re grateful for each night. Do what works for you. Journaling, whether written or spoken into a voice recorder, can also be powerful. The key is consistency.

## **Final Thoughts**

As we wrapped up, the theme became clear: gratitude and transformation are deeply intertwined. Gratitude fuels joy, joy sustains transformation, and transformation keeps you moving toward your best self. It’s a journey, one that requires intention, effort, and faith.

Let’s keep showing up in gratitude, joy, and love. The world needs more of it, and it starts with us. Together, we can build lives of meaning and impact, grounded in gratitude and driven by transformation.

## Reflections

### **The Four Phases:**

Which of the four phases, Information, Inspiration, Implementation, or Integration, do you most often get stuck in, and why?

### **Who are you:**

When you think about your “who,” do you have clarity on “who I am” and “whose I am”?

### **Your Why:**

What is your current answer for "Why am I here, in this place, at this time, born to the parents that I was, raised with all the blessings and struggles that I had? What plan does God have for me?"

### **Your Transformation Journey:**

What is one small action you’ve been afraid to take, but know would move you forward in your transformation journey?

### **Gratitude Habits:**

What is one gratitude habit you can start (or restart) today to help shift your mindset from fear to joy?

### **Your Support Community:**

Who in your life helps support and sustain your growth, and how can you strengthen that community of integration?

### *The Gratitude Effect*

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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