

Inspirational Insight

Change

I don't know many people who don't fear change in some way this is entirely natural. We are taught from a baby to be cautious of things we do not know. However we also know that if we had never tried new things and stepped into the unknown we would still be that baby. Life is a journey therefore staying still is not an option. In life nothing will stay the same. You will change and so will the world around you. Embrace and enjoy change that has to be better than fighting a losing battle

If you are thinking, I don't want my life to change I am comfortable with things just as they are? Great you should like your life as it is now and it is wonderful that you do. A comfort zone needs to change too, it must grow with you and your life or, what was once comfortable will become uncomfortable. If you become so attached to the familiar that you end up in fear of losing it, you will cling on to it all so tight you will suffocate the very things you care about. Then the inevitable change will happen anyway.

It does not have to be this way when you embrace change and enjoy it. Change is one thing that you know will happen it is reliable safe and familiar. How much better is life when you react in a positive way supporting the changes and finding what can be gained from any given situation? Think of all the times that you have experienced change and how well you handled it. Remember all the pleasures that came because of it. Use these past experiences to give you confidence.

Action: - If you are worried about a change in your life, write a list of at least 6 positive things that **could** come from the change. (Note I said could not will just, could) Look at the list and think what you would really like to happen by experiencing this change. Then write down: -I am looking forward to _____ because it will give me the opportunity to_____.

Use this as an affirmation and say it over and over to create a positive feeling towards the change.

DO YOU WANT AN INSPIRED LIFE?

Caroline Hart – Life Coach