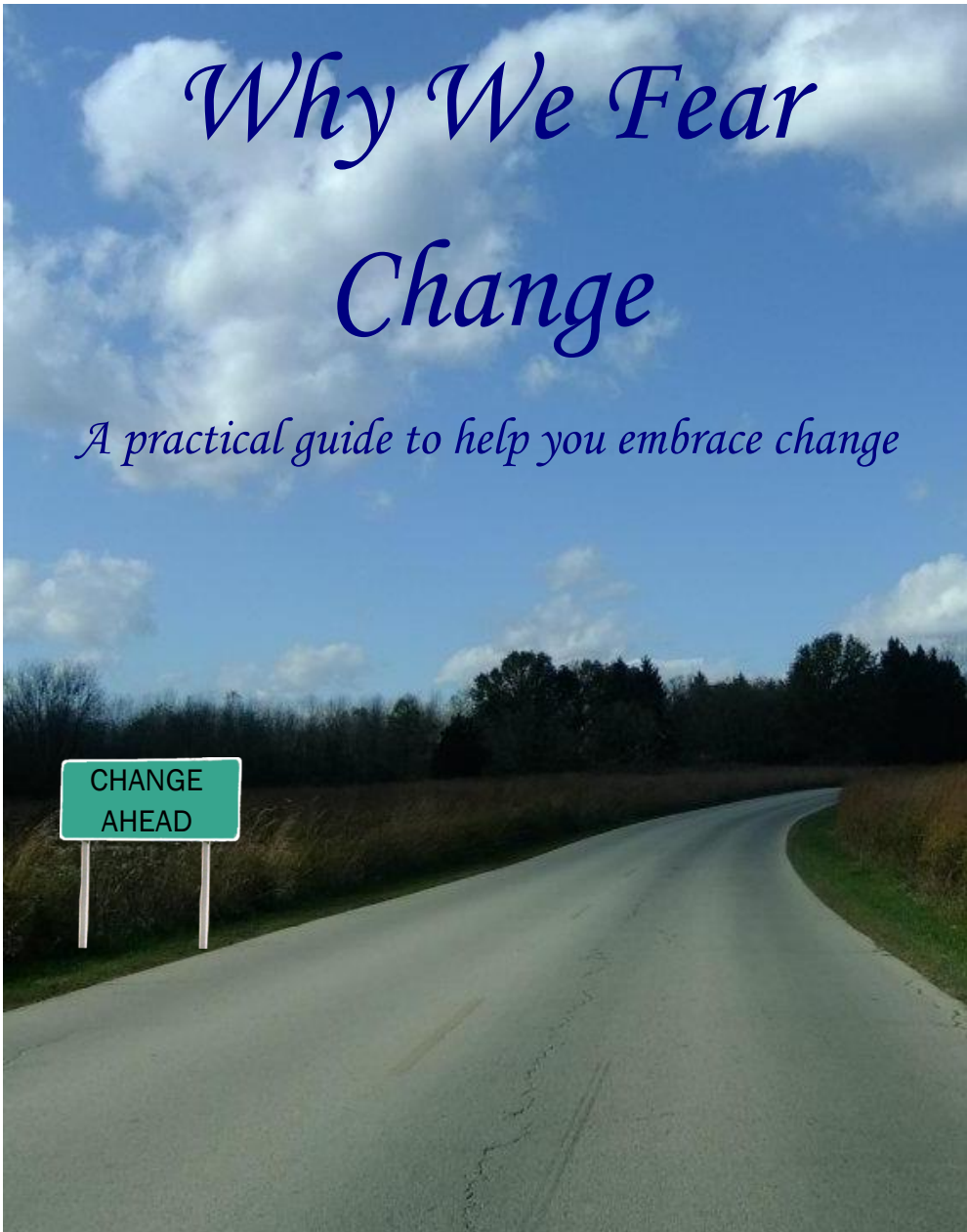


Why We Fear Change

A practical guide to help you embrace change



CHANGE
AHEAD

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Introduction

Change is all around, sometimes we embrace it, and sometimes we fear it. Why is this?

I believe at the beginning of anything, this is the first stepping-stone we take. As this is what we are asking for, whether you are tired of your job, looking for love, or just wanting an adventure, your current life doesn't seem as fulfilling as it once did, so you are looking for something new to spice things up.

However we are very good at saying we want a change, and telling the story of how bad things are, yet when the opportunity arises for change we become paralyzed by fear.

So we end up staying in an unhappy place, identifying and thinking about what would make us happy and then doing nothing about it, when instead our minutes, hours, days, years, life could be filled with many new and different things.

However we have perfected the art of rationalization, providing many reasons why we didn't embrace the change, why we kept it as a dream. This comforts us,

as it provides us with many excuses on why we don't take action.

We also believe that if that dream was to come true, then that would be it, but accomplishing one dream provides a platform for the next dream to develop.

Many people would tell you it will be fine, there will be no rocky patches along the way, it will all be plain sailing. Yet if it was that easy more people would embrace change, but deep down we know at times it may ask more of us.

Yet all it takes is a shift in perception, you can view those tricky times as a molehill or a mountain. That really is your choice.

One perception you could take is that it's just a lesson you are currently experiencing or acquiring a new skill be it mental, physical or emotional. You spent many hours at school learning, yet when it comes to the school of life people feel as if they are always in detention.

So this booklet is here to provide a helping hand onto that first stepping stone. That does not mean that this booklet will provide all the answers, because only you truly hold the answers to your own questions. It is here to provide a reference so when the thunderstorm of fear rolls in you can still dance in the rain.

Enjoy starting to tell a new story

Perceiving yourself and your ability

Most likely you have some belief that you haven't got what it takes to get the job, house, or car you always wanted. I'm sure you'll be able to list the reasons why you can't. When you were learning to walk did you give up after the first time you fell because your legs weren't strong enough and you thought I don't have very good balance, no, you just kept on trying.

These beliefs of can not's is gained through conditioning of people telling you what you can and can't do well. However at one time it was believed that one person couldn't run a 4 minute mile, but someone believed they could and persisted until they achieved it because they saw in their imagination that it could be done.

It all started with the perception of themselves accepting their weaknesses but building on their strengths. However when you ask people what they are good at they struggle to find a hand full of things, but if you ask them their weaknesses they just roll off their tongue.

So we want to make your strengths the things you talk and think about the most.

Write down 20 good things about yourself, for instance organized, friendly, chatty etc:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

If you get stuck ask friends and family for the good things they see in you.

Now think of something you've always dreamed of and from the list choose the attributes you would need to call upon to achieve it, write them down below:



Can you begin to see that you have what it takes to make at the very least a start on achieving what you would like to do. But you need to remember that part of the reason for desiring change is because you want to add to this list and to do that you need new and different experiences.

To climb a mountain you must take many small steps

Lessons learnt

As was mentioned in the introduction your desired change may bring about new experiences and questions. Some you'll embrace and some will make you feel uncomfortable.

What we need is a perception that brings out the best in a situation, which helps you to go beyond what has already been achieved.

As soon as a contrasting time arises the last thing we want you to feel is that your goal is no longer attainable and for you to have the feeling of failure.

You need to remember that there is always two sides and you can focus on the negative that makes you feel worse or you can focus on the positive which will bring back the feeling of hope.

But don't fall into the trap of denial! We need to use your current reality as a signpost of what needs to be done next to keep on moving forward.

To do this we need to call upon your imagination. When your imagination is working in your favor magnificent things can be created, yet left to its own devices it can create a whirlwind of unhelpful thoughts.

So when you reach a pot hole in the road of your journey we need to keep it in the perspective of a pot hole and not the Grand Canyon.

So when the contrast arises as you are taking steps to making some changes, we need to catch the imagination and get it working in our favor before it goes off doing its own thing.

So try this:

In your mind see yourself holding your worry in your hand

Zoom out so now you can see your country

Zoom out again so you are now next to the moon looking back on the earth

Then move to the edge of the solar system and see all the planets orbiting the sun

Carry on going to the edge of the universe where the solar system is a distant speck and you can see billions of stars

From the edge of the universe look way back to where you were stood and that small worry you had in your hand, see how small it is

Now you have regained a more useful perspective on your current obstacle, you are more likely to have a light bulb moment providing the solution.

Let it go no further than skin deep, instead of taking it to heart

Your opinion of yourself is higher than other peoples opinion of you

When you first decide to take steps toward change you will receive two types of response. The first is support and excitement the other is apprehension and criticism.

These are both beneficial, the first helps encourage you to start the changes, the other keeps you grounded and ensures you have all the facts.

However useful the views of other people's opinion are, it is not important. Because first you have to make sure your opinion of yourself is a useful one before you start hearing other people's opinions of you.

For some reason there are a lot of people who don't love themselves, if this is the case you need to realize that it's a fact that no one else on this planet is like you, you are unique, and you have your own unique style of living life and that is something very special.

Your opinion of yourself needs to be one of love, love who you are, love how you do things, love how you say things, love how you act, because if you don't fill your mind of things you love about yourself, others will fill it

for you full of unhelpful thoughts on how you could do it this way or how you should act that way.

By your opinion of yourself being higher than the opinion others have of you, changes begin to occur and if you receive a criticism you begin to acknowledge it without it becoming part of who you are.

One way of finding out who your true self is, is to write your own obituary, I know it may seem morbid but it puts you in a place of looking from the end to the beginning of your life.

So how do you want to be remembered? What legacy do you want to leave us with?

For instance Was a loving, caring person who touched so many lives.....

You try:

That person in the box is you, and no matter what others say no one can change that because those qualities will always shine through no matter what the situation.

Just remember if individuals are unenthusiastic about your changes or start telling you about the things that could go wrong it's most likely that by you changing they feel either guilty for themselves not changing and share that guilt with you or they are worried about the affect your change will have on them.

Don't worry about the how, follow your gut instinct

It has been written many times just set your goal and the rest will be sorted out for you.

Well there is a balance, don't focus too much on the how; try not to micromanage the completion of your goal because there are too many external variables.

Instead see it more as a path with sign posts, someone once told me "many roads lead to Rome". What you do need to pay attention to is your gut instinct or intuition. When a situation arises and it feels good but it seems to have no correlation to what you want to achieve, just go with it because sooner or later it will be revealed how it will help you.

On the flip side to that if you are making a decision and it doesn't quite seem right hold off, go get some more facts or sleep on it. Decide if it is uncomfortable because it's the wrong choice or is it because you have become afraid as it pushes you out of your comfort zone.

The best thing you can do is make the decision when you are feeling good, feeling your true self.



In a nutshell

Find all the things that you are good at, all the skills you have.

Don't worry about the bad days but remember the good.

Make sure your opinion of yourself is more important than the opinion others have of you.

Follow your gut instinct or intuition because who knows you may go above and beyond what you thought you were capable of achieving.

There is just one final thing, don't worry about making mistakes, there is not one person walking this earth who hasn't made a mistake. Sometimes we have to get things wrong before we figure out how to get it right.

So go out and make a small change today build your confidence with lots of small changes and before you know it your dream will be your reality.

Notes:



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