#EVERYDAYMATTERS

Change is GOOD



We really are creatures of habit.

We love routine and hate change. Change makes us feel uncomfortable and insecure. It stirs up feelings of uncertainty, and we begin to fear what we might lose. In reality, it is change which helps us to grow and to improve. It renders us more flexible and adaptable, creating new opportunities and building the resilience we need to get through tough times. Whilst not all change is created equal, it shouldn't send us running in the opposite direction. There will always be a lesson to be learnt, and some form of personal growth.

Next time you find yourself in the grips of change:

SEEK MORE INFORMATION

Make sure you have all the facts, and if you are still unsure, ask!

ASK FOR HELP

You don't have to go it alone, call on your network for support and advice.

TAKE SMALL STEPS

Take it one day at a time by deconstructing the "change" into smaller, more manageable steps.

BE PATIENT

Small steps mean more time. Give it time, the results will follow.

Read more about change:

Mind Hacking – How to change your mind for good in 21 days ~John Hargrave.



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