



GIVING CHANGE A CHANCE

LEARNING HOW TO EMBRACE CHANGE IN ALL AREAS OF LIFE

Table of Contents

Introduction..... 3

What is Change?..... 6

Why Are We Afraid of It?..... 8

What Happens If We Run from Change?..... 12

Common Changes We Face 16

 Financial16

 Career/Business18

 Health.....19

 Relationships20

 Family.....21

 Spirituality22

Giving Change A Chance 23

 Step #1 – Recognize the Change.....25

 Step #2 – Define the Change27

 Step #3 – Don't Let the Change Define You.....29

 Step #4 – Weigh the Pros and Cons of Taking Action.....31

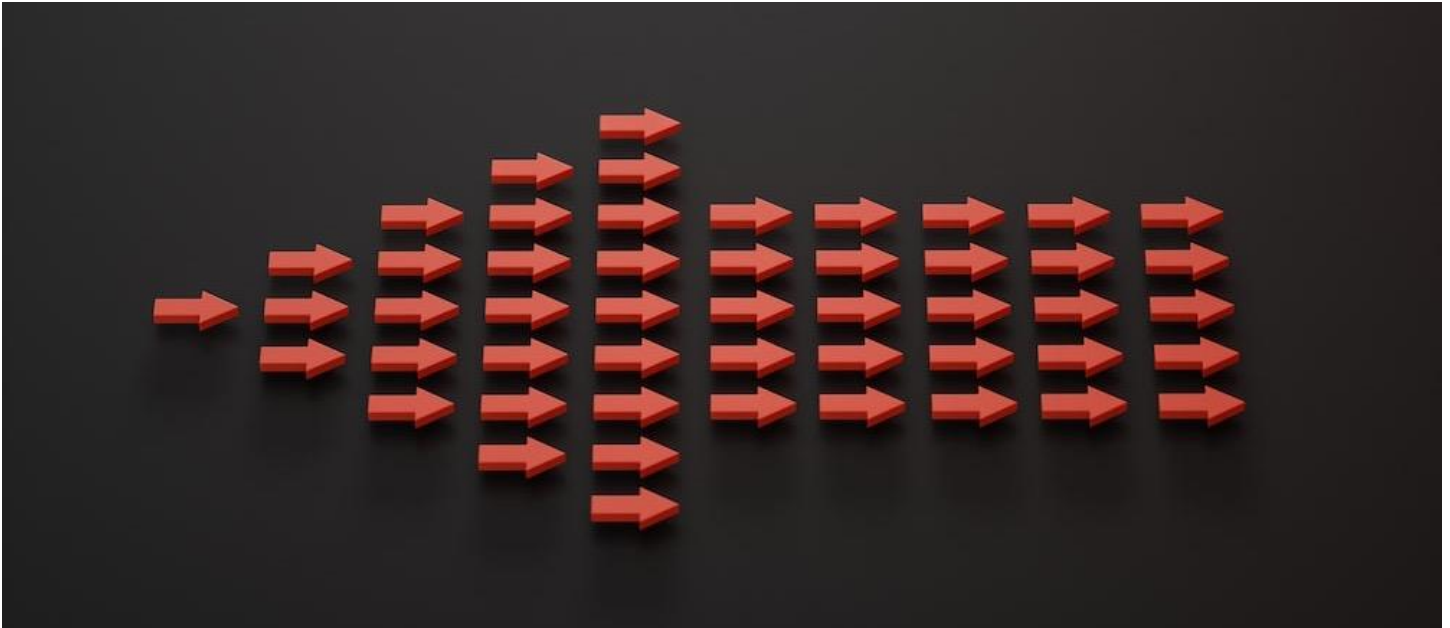
 Step #5 – Make the Proper Preparations33

 Step #6 – Take Action35

 Step #7 – Practice Proper Maintenance.....36

Conclusion 38

Introduction



Heraclitus was a Greek philosopher in the city of Ephesus around the sixth century BCE. Not much of his writings have survived the passage of time. One thing that he was known for preaching is that change is constant. Nothing persists like change.

Good, bad, or indifferent, change will happen in our lives. That's just a normal part of the human condition.

Sometimes we enjoy the change. It surprises us, and it's a good surprise. You clock into work for your regular 9 to 5 shift and discover you've been promoted. Your new job is much easier than your current responsibility, and there is a significant pay raise. There will even be an extra week's worth of vacation every year.

You're checking out what junk mail has arrived in your mailbox. As you shuffle through the envelopes, you notice you have a letter from your bank. You immediately think that can't be good news. Upon inspection, you find out they made an error in bookkeeping and that you have \$500 more in your account than you thought.

As constant and inevitable as change can be, it's not always so rosy. You've unfortunately experienced that. Do the following situations sound painfully familiar?

You're in a relationship, and you think things are wonderful. This is the person you are meant to be with. You couldn't be happier. Then your significant other floors you by saying they think the two of you would be better apart. You are devastated.

Let's take an alternate approach to the job situation we discussed above. You show up to work, and your boss asks to speak with you. This can't be good. Sure enough, you're fired, and it wasn't your fault. The company is downsizing, and you understand the situation, but that doesn't help you pay your bills.

It's times like these when you hate to admit that Heraclitus was right. The only thing that is unavoidably constant is change, and it's not always good.

When the change is wonderful, it's the easiest thing to embrace. That's not the case when your life is turned upside down, and you have to face a terribly negative situation. Even when change is difficult to accept, it's always better to greet the situation head-on rather than ignore it.

That's what this report can help you do.

You learn to give change a chance. When life presents you with the lemons it will inevitably deliver, you learn to open up a lemonade stand.

We'll take a look at exactly how you can define change. What is it, really? What does "change" mean? You might think you understand the reality of change. Sometimes though, looking at situations from a different viewpoint can help you handle them better. We will try and give you a unique way to define a change in your life.