



Change

**opportunity
happens**

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your life – your business – your way



It's that thing that happens every which way - when we expect it - and when we don't. Some changes are big, some small, but each and every human being on this planet (heck, probably for all creatures on all planets) has to adapt to change.

Your Comfort Zone

Change, welcome and unwelcome, takes us out of our comfort zone and forces us to define ourselves just a little differently. All change brings anxiety; even if its change we long for and work towards. But given the right tools and frame of mind we can see change for the opportunity that it is.

Change is everywhere

In today's digital, information-based society, everything is incredibly fast-paced. Sometimes changes come so fast and furious it's hard to catch your breath. Now you can write an article, cut and paste at will, research information, and make your living doing something that wasn't even heard of just a few years ago.

The bottom line, change is everywhere, all the time. Why don't we just roll with it then? Why does change really feel so hard? Why do young and old alike struggle with what is inevitable?

Change is Transition

If you think of transition as a place in and of itself, then you can imagine that you are caught between where you were, and where you are going.

This is disorienting. According to Psychology Today, there are roughly three stages to change:

1. Resistance and Reaction

This is the phase where you object to the change and compare the upcoming change to your old situation. You are not seeing opportunity, you're judging.

2. Adjusting/Exploration

In this stage you go beyond your initial feelings and begin to gather information on how to make this new thing work. You begin making choices and asking questions.

3. Living Well

It's this stage that you don't really notice because you have arrived at your new destination and it no longer feels like a stage. At this point, you wonder why you resisted in the first place.

Knowing which stage you are in will help you get through it.

Accepting Change

When change happens, don't expect yourself to feel great about it. In fact, just know that sometimes you are probably going to feel kind of lousy. This will help keep you from beating up on yourself during the process.

As you're dealing with your anxiety, feel what you are feeling but keep the facts in mind, too. If you're too focused on the anxiety, sit down and create a list of the actual facts of the situation. To the best of your ability, give yourself a time frame for the adjustment period. Knowing your past history, estimate how long this type of process usually takes you. This will help you remember that this anxiety phase will indeed pass.

Remind yourself that even though change is happening, other things in your life are currently in place and already working for you. Most often you are not starting from scratch so enjoy those things that are staying the same for you—right now. Don't wait to feel good to do something. As Dr. Phil says, fake it until you make it. So don't tell yourself that you'll do A as soon as B happens.

Motivation follows behavior, not the other way around!

So with the big goal in mind, pick something small you can do toward that goal right now, and then do it.

Space

Stephen Covey states that successful people have a “space” between a stimulus and a response.

A major goal then is get some “space” between any change you are facing and how you are going to respond to it. In other words, don’t decide now how you are going to react to the adventure of creating your life and your business your way. Be at peace with the ups and downs of it all.

How we handle change makes all the difference between feeling frustrated with life, or enjoying it.

Smile

Change is the one thing you can count on, self-created and otherwise. So understand what phase you are in, be patient and create your “space” and then you can eagerly await any change that comes your way.

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