

TO EMBRACE CHANGE IS TO EMBRACE YOURSELF

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Change is one of the most common things that people fear (*as well as Public Speaking*)!

From the moment of conception we have been faced with change, we constantly experience change throughout our lives and careers! Despite its inevitability, many people seek to avoid it!

What we need is ways to comprehend change so we can embrace it instead of react to the challenge.

I've discovered a lot about how to survive when head-rattling transformations are thrust upon you. Recently we have become familiar with seismic activity – seismic is the science relating to earthquakes. In Behavioral Science a seismic shift relates to a change in people's attitudes.

The fear associated with change is about the unknown: Remember the old adage, the calm before the storm. It means be open for the signs of imminent change. It doesn't mean live in the fear of change or constantly look for horrid things to happen.

Unfamiliar isn't to be feared, it is to be understood. It can be a chance to turn your life around.

Here are ten tips to help you along your way.

1. **Observe,** calmly note signs of change, add these indicators to your knowledge bank.
2. **Go to your quiet place.** In the days and years before crisis occurs, learn how to stop impending panic, learn that even in the midst of chaos and urgency, you have a quiet place within yourself where you can 'physically be doing' yet, emotionally centered.
3. **Do something different.** In non urgent times of change, do something different. Before a major personal breakthrough, there is sometimes head-engaging chatter and chaos. Do something physically different. (I went parachuting, hot air ballooning, abseiling, karaoke, not all at the same time but over a period of two to three years! AND volunteering work with youth)
4. **Silence the 'know-it-all' smart part of your brain.** This part of our brain has value but in terms of change will hold you stuck!
5. **Be open to new learning.** Change for growth involves embracing yourself and the part of you that yearns to learn and grow beyond the confines of yesterday. If you constantly travel the same route the scenery is familiar.
6. **Embrace uncertainty.** That unidentifiable feeling of butterflies in the solar plexus relate to anxiety. When the feeling is not related to an inappropriate energy (indiscretion) it is exciting. It is a signal that you are embracing something new.
7. **Change your language.** Listen to your inner self-talk. Listen to the words you use in conversation. Totally eliminate negativity that comes from your automatic response centre. Quit swearing **now!**
8. **Be kind to yourself.** Let go of rigid ways. Embrace yourself by learning how to become more resilient, open hearted, welcome and embrace change.
9. **Ask questions.** Seek people who are at the stage of life or place in their relationships, career or business and at a non-judgment level of consciousness to address questions with the skill of inquiry rather than black and white answers. Ask wide eyed questions, this is a valuable way to consider more possibilities, preparing yourself for 'times of change.'
10. **Clear the clutter.** Discard old routines, tired ideas, worn out clichés and physical clutter. Change is inevitable be ready to embrace it, every day.

Change isn't to be feared. What people fear is the unknown. What people need is transitional skills.

A motor vehicle driver is alert and prepared for a moment of change. It doesn't mean that when I am driving a vehicle I am paranoid about the unexpected. I do know that at any moment change can happen.

I am a confident driver and my goal is to enjoy the journey.

To change your life for the better, embrace change, that's how you will effectively evolve your future.

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Sylvia Marina resides in Western Australia. When you are ready to have a program in your business or community contact her for available dates. Often she can add your event to a conference where she is booked to speak or some other event she is attending. This means her travel costs are shared with more than one event! <http://www.sylviamarina.com/calendar>