

EMPOWERING POSITIVE CHANGE IN YOUR LIFE

by Bernadette Baynie

Our world is evolving continually around us.

The fast-paced introduction of new technologies and their related industries are transforming the way we think, feel, live and operate. We need to be able to keep up with such change and optimise its impact upon our lives.

All of us have however, deep within us, a natural fear of change, because of the risks and uncertainty that it brings.

It is natural to feel some resistance to new and different ways of doing things when they are outside of our comfort zone. It is really important though that we understand and allay such fears if we want to get best outcomes for our lives.

The simple fact is that if you don't change ...you don't grow. If you don't grow then you fail to cultivate your greatest asset - your unlimited potential.

The nice thing about change is that it brings you new opportunities and wonderful horizons to explore and experience. Change enables you to inject control over parts of your lives that are sorely in need of attention and potential makeover. The way you identify and respond to such change is highly important to your future success.

Socrates once said: "The secret of change is to focus all of your energy, not on fighting the old, but on building the new."

I believe that the external changes around us foster the internal changes within us.

Conversely, you become empowered to change the world around you when you start changing the world within you. You become unstoppable when your dreams outshine your excuses and when your desire to change

outweighs your desire to stay in your comfort zone.

Whilst most change involves some degree of risk — it doesn't mean it won't lead to something wonderful. So don't allow your limiting beliefs get the better of you!

Decide now to change and replace what is not working in your life anymore with something better. As Barack Obama once said: "Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek."

The trick is to change your focus away from you for a while. Instead of trying to create value in your own life – take some positive steps to create value in someone else's life. When you do so, something magical happens...the more people that you help, the more benefits that you receive!

The small changes that you have made to other people's lives start to have a positive ripple effect on yours.

You start to feel more confident and upbeat. You begin to move out of your comfort zone, which has been holding you back and you start to create new opportunities for your life, with a renewed sense of energy and focus.

Always remember – that everything that you have ever wanted is on the other side of fear! There is plenty of time to change your life for the better and the lives of others. The potential within you is limitless. It is only limited by your current thoughts, and more importantly your beliefs.

Embracing change in a positive way - may take up some of your short-term energy and courage but your efforts could be rewarding in the long run, particularly if it is strategically planned and executed.

Everything comes with time. Even if you cannot change a situation, you can certainly find a way to change yourself.



Wayne Dwyer once said that

“When you change the way you look at things – the things you look at change.”

So embrace the uncertainty that change brings. Some of the most beautiful chapters in your life to come will only be written after you invite change into your life.

As Jim Rohn once said:
"Your life does not get better by chance, it gets better by change."

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