

## Change

Change happens in an instant.

While people resist change there is change each and every day of our lives. Unfortunately, many of us are prone to being stuck, and we change as needed to stay the same. The world around us changes, other people may change, and we change to stay the same.

Change can be frightening. Change represents the new, the unknown, and the untested. We are stretched when we change. It is a like a curve in the road of life and we cannot always see what is ahead.

If we do not change life becomes a rut and the difference between a rut and a grave is, as they say, about 3 feet. We need to embrace change and all the excitement, growth and learning it has for us.

Change may be in occupations, hobbies, friends, locations, education, faith, habits, and a simple change of opinion on any given subject.

Our families and loved ones may not like the idea of us changing. When we change it affects all of our relationships. This is not good or bad as much as it just is. Do not let others prevent or hold you back from making the changes you need to make and know are right for you.

Change begins on the inside with a knowing as well as a commitment. Once that happens, we are changed. The physical manifestation of it takes time and the amount of time, be it instantaneous or years, depends on the change itself.

Once you know and commit, the change has happened. The rest is all the results of the change. The results can be unsettling as you are or may be in an unknown territory. You may be learning new skills, you may have new associates with whom to work and grow. Some of your old relationships may be strained or disappear. Change might also mean a new residence or even moving to another location far away from where you are today.

All of the results of good change are positive. While challenging, the change brings you to a new level of growth and development. While you may well have new relationships, you can still value the old ones that have meaning for you. Everyone changes and that is a fact we all need to embrace as we should not hold ourselves or anyone else back.

Embrace yourself and your growth. Face the fear of change and the unknown and your life will be full, challenging, and rewarding. The change may well give you a new bounce in your step and a reason to jump out of bed each day -- eager to embrace all the world has for you.

Change and encourage your loved ones to change. In change you will not lose people but add them. Realize that change is another way of saying growth, development, new skills, and accomplishment.