

She woke up, rubbed her eyes and sat up. He was gone. A note lay on the pillow next to her and immediately her heart sank. She didn't have a good feeling about this. As she read the letter with dread, her worst fears were being revealed. He was leaving her for another woman and she would be thrust into a world she was not ready to face.

This short story reveals how change can be thrust upon us and can be devastating. Change for the most part is considered to be disruptive and takes us out of our comfort zone. Our conditioned mindset and heartset is that change is bad and so we take the "sit and wait" stance when it comes to change. I have often heard people say that the only constant we have in life is death and taxes. So true, and I also have come to learn that change is the one constant we don't acknowledge and what we most need to embrace. You see we are uncomfortable with change and yet it is something we experience daily. If we can become comfortable with the uncomfortableness of change, we will shift our lives into a more creative space.

We spend our lives being the victims of change. In life, whichever way we turn, we will face changes. Most of these changes we do not like and end up complaining about them. We play victim to our circumstances and blame everyone and everything outside of ourselves for the way our lives are. We resist stepping out of our comfort zone and embracing change. We then sit around and complain about our lives and that they never change. It has been said that the definition of insanity is doing the same thing everyday and expecting a different result. It is clear we need another approach to have great lives. We need to learn to pursue changes creatively to empower our lives.

Empowered successful people are masters at creating change. They embrace change as the catalyst to a great life. They understand the power they have over change and instead of sitting back and waiting for the next change to complain about, they take control of their lives and pursue creative changes that see them grow and prosper in all their relationships and their life. So how do we do this? Awareness and understanding why we do not like change is the key to change. Negative limiting beliefs drive our inner saboteurs that thrive on fear and create the fear through the perspective that change is hard and bad for you. We have the right and ability to choose more powerful affirming beliefs that shifts the playing fields and embraces change. This is how we creatively create change in our lives and approach our magnificence from an empowered place.

Step 1

Identify what area in your life you feel most trapped or stagnant. On a scale of 1 – 10 with 1 being the lowest and 10 the highest, rate yourself. Let's say you identify your physical and health side is a 4. Now write down a column labeled 4 and describe what your current experience is, (What you think and feel about this area of your life). Write down a column labeled 10 and describe what a 10 looks like.

Step 2

What things do you say to yourself that keeps you trapped in this 4? Identify the negative limiting belief and fuel for your saboteur. Write these down and note the negative energy and draining effect it has on you. See how it holds you in a state of complacency and probably fuels procrastination.

Step 3

Write out a positive affirming belief around your physical health and that serves you feeling like you are at a 10; e.g. I am whole and healthy.

(Specific steps to Writing Positive Affirmations can be found at <http://peopleactiv.com/downloads-articles>)

Step 4

Say this new belief to yourself repeatedly with emotional connection. Say it mornings, afternoons and even when brushing your teeth. Practice, practice and practice some more until it becomes part of your experience. This is change.

Step 5

Take action. Where in your life can you embrace small changes? This approach shifts your mind- and heart-set and places you in the space of accepting and embracing change. This is the space that allows you to grow.

So change is possible and we can all change if we choose to. We can pursue creating change creatively and empower our lives so that we are in control and not at the whim of the next change thrust upon us. We always have choice so choose wisely. ▣

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Creating Change Creatively

STEPHEN LIGHT gives us five steps to embracing that "dreaded" change in our lives.

