

8 Insights FOR EMBRACING CHANGE

We all have heard the only constant in our life is change and when the external is changing around us it is important to be aware of how that is affecting our internal world of feelings and emotions. By learning to flow with the natural change of your environment you are teaching yourself strategies for embracing all kinds of change that may show up in your life and your work in a healthy way that honors YOU.

1. Take time to sit in the quiet, close your eyes, take 3 deep breaths then ask yourself what are you experiencing and feeling as this change is occurring?
2. Write these insights down and acknowledge what you are feeling about them – be that good or bad
3. How do you want to honor what you are leaving behind? What action can you take in acknowledgment of what the time taught you? If you are excited is the action more celebratory? If you are fearful and worried do you feel the need to write out your worries and burn them or shred them away? Do you want to dance them out or take some physical action?
4. Do some ritual around acknowledging and honoring what you are leaving. What has the situation that is leaving taught you about yourself?
5. Sitting in the quiet now ask yourself what are you experiencing about what is coming?
6. Write these insights down and acknowledge what you are feeling about them – be that good or bad
7. Set the intention of how you want to embrace and welcome this new change
8. Take an action around welcoming the change that is coming – this could be prepaving with someone close to you. **Prepaving is talking about the good the change will bring into your life or work.** Perhaps it is journaling about it or singing a song about it. Whatever speaks to your heart? Listen and welcome the change with open arms and set your intention for how you want to be with the change.

Allowing yourself to embrace change – even if it is uncomfortable and may appear bad-grows in you the opportunity to see how everything serves your growth. It is an opportunity to open your heart and listen to the super power voice inside yourself. It is an opportunity to love yourself through the change. This cultivates more positive feelings for you, those around you and makes the transition of change less stressful and an opportunity to grow and evolve YOU.