

Change...Accepting It!

By KENNA P. PARKER

Today we are experiencing the process of "Change" in our lives in greater abundance. It shows up in the form of job loss, corporate restructuring and relationships. We decide in an instant to accept it or to fight it until it breaks our spirit and we surrender with anger and resentment. We spend a lot of energy focused on negative outcomes and not considering the benefits of "Change" and what it allows us to do. It is important we understand that "Change" is a natural process of our life's journey, whether it is our career path or our personal relationships. How we respond to the process is key to successfully creating a new chapter in our lives full of optimism and hope. Once we embrace "Change" as a new opportunity to learn, grow and explore all the positive benefits that await us, we will find a new path. Remember you are in charge of your destiny and life's challenges are only momentary traffic jams that build character and wisdom to prepare you for your life's purpose. It is true that when one door closes, another door will open and abundance and joy will flourish again.

"When I am open to the process of change, the universe will reveal all that I need to succeed!"

The following are a few tips to consider when change shows up in your life:

- Realize you are not alone and there are people in your life that can provide insight into what you are experiencing, because they have experienced the same.
- Ask yourself the question? What does this "Change" mean for me and my future?
- Will this alter who I am and how I see myself?
- What options are available to me as I move through the process?
- What must I do to accept this "Change," to ensure I move through it with positive energy focused on the future?
- Recognize what is happening to you is only a door being opened for new opportunities.
- Start a journal to record your thoughts and feelings. This will allow you to experience your emotions and let them go.

"The human spirit embodies all the necessary equipment to make dreams reality...but the dreams may not be realized, because we are unaware of its' power when engaged."

Phase II, "How do I begin again...simple...just start!"

Starting over allows you to unearth new ground in every aspect of your life. This is the perfect time to assess what is missing in your life and what goals you want to accomplish. This can be achieved first by reviewing where you are in your personal, financial, and professional life. The next step is to ask the hard questions and develop an action plan with a timeline to achieve goals identified as important to you. Once you have identified what you want to do, then you must follow through on your timeline.

It is important to have someone in your corner to keep you focused on the task at hand and the ultimate payoff. A "Life Coach" could be the answer and may have other resources available to him or her to assist you in accomplishing your goals. A "Life Coach" is professional who specializes in assisting people in achieving their personal and professional goals. Choosing a "Life Coach" is just like finding any other professional for a service. Reference checks are required and make certain the person is able to meet your needs.

The options for your new journey are endless and can lead to an exciting new chapter in your life. Remember, you do have the power to control your own destiny, so embrace "Change" and look to the future with optimism and hope!

Tips To Stay Positive On Your Journey!

1. Always surround yourself with positive people.
2. Remember success does not come without failures...so keep trying!
3. Make prayer a part of your daily life.
4. Give service to others less fortunate than you...it reminds us of our blessings.
5. Relax and spend time with family and friends. Celebrate your life daily!
6. See problems as opportunities to learn something new.
7. Each day celebrate all the things that went well.
8. You can't please everybody. Don't let criticism worry you.
9. Look for the good in people and you will see it.
10. Make up your mind to be happy each day.