

Change Reminds Us That Anything Is Possible

What would life be if we had no courage to attempt anything? – *Vincent Van Gogh.*

Change: The mere mention of this word can cause us to feel uneasy. Change can feel scary and even dangerous! But perhaps the most dangerous thing in life might be to be so scared that we never give change a real chance, we never grow and we never live life to the fullest.

Have you ever imagined your life without change? It may be hard for many people living in this century to even consider what life was like before change began to make life easier, comfortable and entertaining.

Change has revolutionized our world in many ways. As much as people want comfortable circumstances to stay the same, they can rarely stop the flow of events that shake up the status quo. Change doesn't have to be viewed through a lens of negativity.

Life is 10% what happens to you and 90% how you react to it:

- Successful people will use this fact to their advantage.
- Changes bring new beginnings and excitement to life.
- You are open to more experiences and opportunities.
- You grow and learn new things every time something changes.

Change has become an integral part of our life. As a result we are not able to separate it from our world, moreover to imagine civilization or development without it.

Without change there is no adventure in life. Change can present opportunities that can have a domino effect, providing you with more choices than you ever dreamed possible.

Once you start looking at change as a good thing, you'll be amazed at some of the benefits that can follow. Change is necessary in order to embark upon new journeys.

As one door is closed, a new one opens. It is a new year. Be open to change. Be more than conquerors. EASE has counselors if you want to talk 800-882-1341.



“Strength is the courage...to reach out!”