

# Making Change Can Change Your Life

by Becky Dieter

Imagine waking up feeling inspired! Not just today, but everyday. Dale Carnegie once said, "Success is getting what you want. Happiness is wanting what you get." What changes can you make to bring happiness into your life?

Webster's defines "change" as: to make radically different; breaking away from sameness. Often our society creates the image that change is a bad thing. You know the saying: "Don't rock the boat." Do you become fearful when you hear the word "change"? The fear of the unknown and the belief that change is not a good thing can stop you from moving forward. What would you do if you were not afraid of change? Make a list of all the things you could accomplish if only you were willing to make changes in your life. You will be amazed at how many things you yearn to achieve. Now read that list. How does that make you feel when you hear all the great things you can experience?

Most of us know that change can be a good thing, yet we resist. Resistance can keep us in a place of waiting, waiting for something to happen that makes us change, waiting for someone to tell us we need to change, waiting for some sign that this change is what we need to do. A very wise woman, Annais Nin, said, "And the day came when the risk to remain tight in the bud was more painful than the risk it took to blossom."

How can we begin to blossom and begin to change? First, I would propose that you view change as an exciting transition. The definition of transition is much different than that of change. Webster's defines "transition" as the passage from one state, stage, subject or place to another; a movement.

What a difference a word makes! Making a transition is less daunting than making a change. A transition is flowing, a chance to grow, while change is abrupt and disrupting. So begin by looking at this as a transition you need to make in your life—a movement to a new stage.

Next, look at what you stand to lose by not making a transition, and then what you have to gain by deciding to make the transition. Take the time to actually put down on paper the opportunities that can be gained or missed. If there is a fear that is blocking you from making this transition, identify it so that you can deal with it. Take a look at your options of how the transition can occur. What are the choices you need to look at and what options do you have? Is it time to take the risk and grow and blossom?

By working with a coach you can evaluate your options and work together to set goals and design the best path for you to take through the transition. Remember, transitions create movement, and movement creates new life. An unknown author is quoted as saying, "If nothing ever changed, there'd be no butterflies." Just think about that!

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