

# **CHANGE WHEN CHANGE IS HARD TIPS REPORT**

# TOP TIPS

Change is a part of all our lives. How we deal with change is often a determining factor as to how happy and successful we all are. Sometimes we get lucky and change is gradual or even easy. Other times, change is hard, overwhelming or scary. This kind of change will have a serious impact on our lives unless we embrace it. How do we do that, though? Follow these nine tips to find out how.

## **1. Make Change Normal**

It helps if you change your attitude to change in general. If you fear even the smallest change, how do you think you will react when changing is hard? Start fostering a more positive attitude towards change. Get used to embracing the easy changes in your life, so your mind is prepared for the hard ones.

## **2. Not Changing Is Just as Hard**

Whenever change gets hard or overwhelming, try thinking about what would happen if you didn't change. Quite often, the pain of not changing outweighs the comfort of not trying to change. If you need the motivation to change, imagine what would happen if you didn't.

## **3. Bring a Friend Along**

If you are struggling with making a big change in your life, it can help to bring a friend along for the ride. For example, maybe you haven't been able to change to healthier lifestyle. You might want to see if any of your friends are also struggling with this change. Doing it together might make things easier and you will find yourself accountable to each other.

#### **4. What Can and Can't You Control?**

If you are struggling because some sort of massive change is brewing in your life, take some time to reflect. Think about what aspects of this change you can control, and which aspects are out of your control. Once that is done, focus solely on the things you have control over. This way, you aren't wasting energy on what you can't change, and you will be making this life transition go as smoothly as possible.

#### **5. Keep a Journal**

Journaling is a wonderful way to deal with change especially if you have struggled to deal with it. Journaling allows you a safe space to get all your thoughts and fears out. You will find that some of your trepidation will dissipate when the fears from your head are put down on paper.

#### **6. Trust Yourself**

A lot of the reasons why people struggle to change is that they don't believe in themselves. They don't believe that they deserve "good change" and they don't think they can handle any sort of negative change. Work on boosting your self-esteem first and then you will naturally be more open to change.

#### **7. Your Basic Needs Still Matter**

When dealing with a big change or life transition, don't forget to take care of yourself. Some changes are so big that they can be almost all-consuming but it's so important not to forget about your most basic needs. Sleep, diet and exercise shouldn't be tossed aside because you are too worried about it all.

## 8. Make a Plan

Change is often scary because of the unknown. You might be comfortable with your life now and you aren't sure what might happen when things do change. If that sounds like you, then make a plan. Creating a plan of action to deal with a specific change will make it easier for you to make that transition when the time comes.

## 9. Failure Isn't The End

A lot of people find making a change hard because they fear failing. This is because we have been taught that failure is wrong. Failure isn't the end. It's simply a signal for you to try something different.

# ACTIONABLE STEPS

1	2	3
<p><b>Define The Change.</b></p> <p>Think about the change that you are struggling to make.</p> <p>Clearly define what that change is. Be as specific as possible.</p>	<p><b>Why Do You Want to Change?</b></p> <p>List all of the reasons why you want to make this change.</p> <p>Focus on the positives. What will this change improve in your life?</p>	<p><b>What if I Don't Change?</b></p> <p>Now list all of the negative outcomes if you don't make this change.</p> <p>How will it affect you? How will it impact the people you love?</p>