

A Journey into the Unknown

Change is our constant companion. Our inner and outer lives, and the people & world around us, are changing continuously, in every moment of every day.

You may wonder then, why the need for a discussion on navigating change successfully?

The focus of this text is not so much on the moments which affect continual change in our lives, but on the ability to make, or deal with, major life changes in a way which brings the most positive outcomes. These are the kinds of changes which shake up your world, or your perception of who you are, such as the loss of a partner, becoming a parent, moving to a new country, entering a committed relationship, creating a whole new career path or suddenly finding yourself out of a job.

Whether a change of this nature is thrust upon you unexpectedly, or whether you have chosen it and planned for it to the nth degree, it is always a journey into the unknown. No-one can foresee what tomorrow will bring or what unexpected surprises lie along a pathway of change.

If you have initiated a change yourself, you have the opportunity to prepare for the disruptions in some ways, but there will always be a range of 'cause & effect' factors you could not possibly have plan for.

This unpredictability, and inability to be sure of the final outcome of making a change, often causes people to avoid making major changes in life.

Even when they are truly unhappy with their situation, they may simply remain in it because "it's better the devil you know". They may not have the courage to risk what little security or stability they have without some guarantee of a better outcome.

However, there are never truly any guarantees.

Every change you make is a gamble, even when you think you've 'covered all the bases' and feel sure of the final result.

In my opinion, if something in your life is 'not right', and particularly if you are extremely unhappy or dissatisfied, then making change is always worth the risk.

Just get on the road and start moving. Trust that you'll survive whatever challenges are put before you. Trust that your final destination (whether internal or external) will be a much happier place than the one you're currently in.

Consider the attitudes and personal qualities, discussed in this text, as the 'must have' resources to pack with you as you embark on your journey of change. The more you can apply them, particularly when the road gets a bit rocky, the more successfully you will be able to move through the process of change to find yourself in the best possible final destination.

In many ways, because life itself is a constant process of change, these qualities can also be considered 'tools for life'... the attitudes which can help you move through life challenges with the greatest of ease and the least degree of pain and suffering.

