

MORPH

Volume 4 - 2009

Transformational Change is a boutique consultancy specialising in helping business and business leaders manage change



Courage and conviction!

By Nicole Perry

What makes us so frightened of change? What is it about changing our job, our house, our lives that plays at the heart of our fears? When you consider the amount of change that occurs in the world – there is no escaping it... yet we live as if we are immune to its influence, its impact and its gifts.

For a moment I want you to consider a world without change. Imagine living next to the same noisy neighbour, imagine never knowing a country outside your own. Imagine doing the same job, day after day, year after year. Imagine the boredom, the ache for freedom and the monotony of it all.

You need not look very far to see the many gifts that change brings. Thank god safari suits, beehives and terry toweling shorts have gone out of fashion. Thank god we no longer carry a brick for a mobile phone and thank god there has been a total mind shift and change of thinking around drink driving.

Now let me be clear, choosing to no longer wear a powder blue safari suit and leaving your job are two extremes of change and I am certainly not suggesting one is as easy as the other. What I am saying is that as a society we tend to duck and dive change rather than embrace it for the gifts it brings. We prefer to bask in the safety and comfort

of the known than to take that leap of faith and explore unfamiliar territory.

How many of us have stayed in a relationship even when we know deep inside that the light has gone out but we are too afraid to let go? How many of us are in jobs we no longer feel connected, enthused or energized by? So instead of creating change we justify to ourselves the need to stay.

Logically the decision makes sense – we won't ever find anyone to love, accept or support us as much as our partner does; the job market is really bad at the moment and it would be challenging to find one that pays as much as this. Regardless of the decision regardless of the logic, when you lay in bed at night on your own, you feel the empty discomfort as your heart speaks clearly. Yet the fears associated with change echo loudly and keep you locked in a place that no longer serves you.

So let's get one thing straight... fear is natural, it's normal, it's inevitable and it will always be a part of your life in some shape or form. Accepting fear and learning to live with it is what creates the sweet moments and powerful transformations in life - both personally and professionally.

Living a happy, fulfilled and passionate life does not entail sitting on the sidelines and watching the game unfold in front of you.

Living a happy, fulfilled and passionate life is not just for those privilege few you read about in books and see on Oprah.

Living a happy, fulfilled and passionate life is about honouring yourself and having the courage and conviction to make the changes you need to in life. It is about feeling the fear and then doing it anyway. It's about getting up after a hard day and doing it all over again.

There is a saying I love, it goes - *discomfort is the first pill you swallow on the way to change*. So I ask you... when was the last time you did something that was outside your comfort zone?

For more information on change please visit the Transformational Change website

www.transformationalchange.com.au

Nicole Perry, Director
phone +61 488 022 781

nicole@transformationalchange.com

