

# EMBRACING CHANGE

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I find it a bit amusing  
when people talk about CHANGE...  
how they delicately  
and ever so gently whisper its name.  
Some are intimidated by or insecure about  
its presence,  
while others are politely respectful  
of its immense power.

CHANGE...

With a smile or a tear,  
it touches our lives day in and day out,  
the relentless, inevitable warrior of fate.  
It can arrive at any moment in life,  
but we must not feel threatened by it  
or fearful.

Instead, when change is upon us,  
we should open our eyes wider  
with amazement and enthusiasm;  
we should extend our arms further,  
and embrace the world around us.

CHANGE...

Let it jolt you, push and pull you.  
Let it challenge you.  
Know in your heart that change  
is what gives you the chance  
to be yourself  
and the opportunity to make your life  
everything you want it to be.

## **MANAGING CHANGE INDIVIDUALLY**

1) What are your behavioral tendencies in dealing with change?

2) How are you taking care of yourself through those changes?

3) Over the next six months, what three wishes do you have for yourself to help renew your mind, body, and spirit on a daily or weekly basis?

A)

B)

C)