

# 8 KEYS TO EMBRACE CHANGE

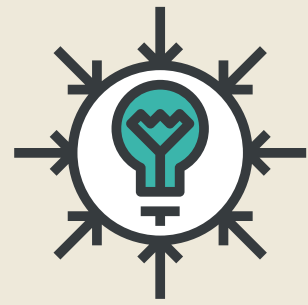


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## KNOW THE REASON – THE 'WHY' TO CHANGE

Your 'why' to change must exceed your 'why' to stay the same. Make sure your chosen change is happening for the right reason, especially when you influence it.



## FOCUS ON WHAT ISN'T CHANGING AND WHAT YOU CAN CONTROL

As humans, we naturally concentrate on what is changing. When dealing with change, it helps to focus on a few things that aren't changing.



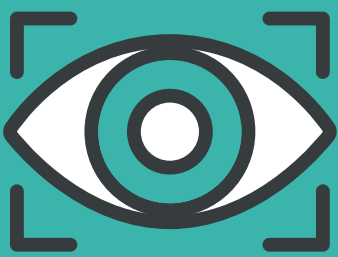
## FIND BALANCE BETWEEN THE LOGICAL AND THE EMOTIONAL

Our emotions can overwhelm our rational thoughts. But if we rely solely on rational behaviour, we can overthink things. They both work hand-in-hand, but there needs to be a conscious balance.



## ACCEPT THAT CHANGE IS A PROCESS

As with any process, you need to work through steps to get to an outcome. Being aware of these steps can enable us to move through change more quickly and, in the process, amplify self-awareness.



## BE MINDFUL OF CHANGE EFFORT

Change can be exhausting. The effort that goes into dealing with any change can affect us physically, mentally and emotionally, especially when going through a major change or more than one change at a time.



## AVOID DECISION PARALYSIS

Too many options can cause us to freeze up and default to doing nothing. Focus on each decision, one at a time and in priority order.



## BE EXCITED BY CHANGE AND WHAT COULD BE

Change can generate infinite possibilities and growth. Reframe the situation by being excited and lose the words 'nervous', 'anxious' and 'overwhelmed'.



## KNOW WHAT LIGHTS YOU UP

Tap into the things that motivate you and make you feel alive. Doing what energises us can be used to fuel us through a change.



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