



## Conquer Your Resistance to Change for Greater Happiness and Success

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Your instincts will often kick in and tell you to resist change. This might happen without you even noticing it. This happens because the body and mind are always looking for stability and balance.

However, whether you like it or not, the world is ever changing. If you don't learn to change with it, your life will eventually become stale and unexciting. If everything stays the same your whole life, you won't be reaching your ultimate calling and your level of happiness and success will be mediocre at best.

The good news is that ***there are steps you can take to learn to conquer your resistance to change.*** You'll learn that it doesn't have to be a huge insurmountable task; you can work slowly and efficiently to gradually allow the change into your life.

### Instigate Changes Daily

One thing you can do to start getting used to the idea of change is to familiarize yourself with the feeling on a daily basis. These don't need to be large changes, but when you ***make the effort to step out of your comfort zone a little each day,*** you'll start to see life from a different perspective.

When you make small changes, you'll actually evolve your daily routine. You'll discover quicker and more efficient ways of doing things. Also, since you're engaging in small changes, it won't feel as shocking to you and you likely won't feel an intense urge to resist.

The small changes can be as simple as trying different kinds of toothpaste, or reorganizing the files on your computer in a different manner. They seem like boring tasks but this will set you up for a renewed mindset.

### **Take A Different Route To Work**

You may be used to taking the same route to work every day simply because it's the shortest. Your brain then becomes so used to the routine that you're basically on autopilot.

Taking a different route may take you longer to get there, but it'll ***open you up to change***. You'll have to think about where you're driving and remain aware of your surroundings.

### **Eat Different Foods**

You may think that you already know what you like and don't like. It's easy to fall into the routine of eating basically the same meals each and every week. However, your diet can be an excellent way to bring about change in your life in a non-threatening way.

There are endless recipes and combinations of food out there. There are also many styles and cultures available when it comes to cooking your food. You can make a goal with yourself to try adding something new to your diet every week. You may end up not enjoying what you ate, but when you're trying 52 new meals per year, you're bound to find some new gems!

### **Remind Yourself What Change Has Brought You**

At the end of the day, ***remember all the wonderful new experiences and relationships that change has brought you***. While there are inevitably bad things, there are sure to be many great things as well. When you concentrate on the positive, you'll keep up a good attitude.

Keep in mind that change *is* good for you. Since nothing in life is static, you need to make change a normal part of your life. You need to be willing to move yourself forward to reach your ultimate goals. When you do, you'll find that you're happier and more fulfilled in life!