

## **37 Powerful Ways to Embrace Changes For Enrichment of Your Life**

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### **When you want to move on**

1. Be humble and appreciative of what you have and you'll go far.
2. Keep an open mind for new inspiration to come your way.
3. Don't dwell on the past, but focus fully on the present and what you can do.
4. Plan your life and live it fully in faith.
5. Remember there is no failure if you don't give up. There is only learning.
6. Look forward to better things, and they will start to happen.
7. Train your mind to think more about what you want.
8. Don't allow negative thoughts or worry to hi-jack your dreams and desires.
9. Be persistent about having positive thoughts and very soon you'll be skillful at handling your change.
10. You become what you think, so think passionately about who you want to become.
11. Don't allow other people to think or decide for you.
12. The power to make things happen lies within you, in your Spirit. Use it diligently
13. When in doubt don't! Quieten your mind and retreat into silence.
14. Have a clear sense of purpose by having focused goals. (Write these down)
15. Believe that all things are possible and the impossible becomes possible.
16. Increase your level of energy with the power of enthusiasm.
17. Be willing to see things differently and to learn from others.
18. Be discipline and constructive with your time at all times.
19. Never feel silly or foolish about asking questions.

*"One must never lose time in vainly regretting  
the past nor in complaining about the changes which  
cause us discomfort, for change is the very essence of life"  
- Anatole France*

## **When Change happens unexpectedly**

20. Give yourself time to adjust to the change.
21. Feel your sadness and let it go without digging yourself into the ground.
22. Look for possibilities and not problems.
23. Accept that no matter what happens, it is for a good reason, even if you don't know the reason yet.
24. Go within and ask for guidance.
25. Repeat to yourself as often as necessary: "I know this is temporary, and I shall emerge from it much more stronger than ever."
26. Remind yourself that you become more knowing through changes.
27. Recognize that change is governed by the natural Law of Motion and of Reciprocity.
28. Instead of moaning your loss and complaining, be grateful for what you've learned and simply move on.
29. Don't allow sentimentality to block you and become your adversary.
30. Appreciate that in order to move to the next level, change has to occur.
31. Don't allow fear to hold you back and prevent you from growing.
32. Get a Coach, a Mentor or a Teacher to support you and bring the best out of you.
33. Let go of destructive energy of resentment and resistance.
34. Cultivate inner harmony through love, peace and patience.
35. Know that you're never forging ahead alone, if you don't wall yourself in.
36. Let go of all rigidity of thinking and being and become more flexible.
37. Be creative, find a way to have fun and pamper yourself.

*"To exist is to change; to change is to mature;  
to mature is to create oneself endlessly".*

*- Henri Bergson*

## **An Exercise to move you Forward**

We've all been through changes many times in our lives. At times consciously and other times unconsciously.

Think of a time when you either initiated a change or were forced to change and you did it without any fear.

*What did you do differently then?*

*What rendered the change easy for you at the time?*

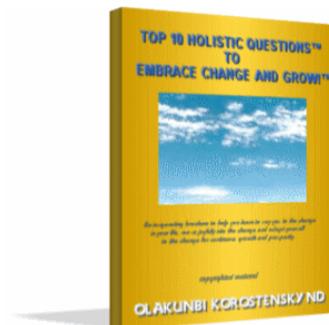
*How can you apply that experience to now embrace your new change?*

Remember that change is only difficult if you refuse to move beyond your pain or insist on focusing on what was.

To attract more abundance into your life, you can begin by taking the first step in accepting to become the new you.

I encourage you to use this simple exercise as often as necessary.

**If you're ready to do what it takes to be more effective at dealing with your Life Change order my ebook at:**



[www.embracingchanges.com/Books-and-Tools-to-facilitate-Changes.html](http://www.embracingchanges.com/Books-and-Tools-to-facilitate-Changes.html)

Wishing you every success and joy as you begin to enrich your life by embracing the change in your life.

*With wholehearted blessings!*

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