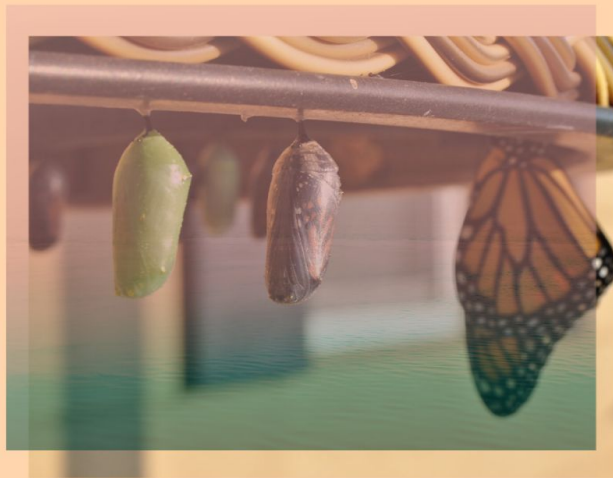


Is It Time to Change?



P i v o t t o C h a n g e

PIVOT: Is It Time to Change?

You're here because you're ready for a change, but you're not quite sure how to commit to a new life. "Pivot" shouldn't be a scary word, and change shouldn't be a foreign concept. Why? Because it's in our nature to change regularly—we just don't realize it.

What is Change?

- ✓ It's a six-letter word, both a noun and a verb, and an idea that either scares you or thrills you.
- ✓ By definition, change means the act or instance of making or becoming different.
- ✓ By its very nature, change is hard to characterize because change is always changing.

Why Do We Struggle with It?

- ✓ It's risky.
- ✓ We lack purpose.
- ✓ The changes are unrealistic.

Why is Change Important?

- ✓ Personal growth.
- ✓ Confidence.
- ✓ Motivation.

- ✓ Resilience.
- ✓ Excitement.
- ✓ Opens the right doors (closes the wrong ones).
- ✓ Gives you a story.
- ✓ Flexibility.
- ✓ Learn your strengths.
- ✓ Compassion.

When is it Time to Change?

- ✓ You're Focusing on the Little Things.
- ✓ Jealousy is Hitting Hard.
- ✓ You're Living in the Past.
- ✓ Your Habits are Unhealthy.
- ✓ You Experience "Sunday Scaries".
- ✓ You're Tired All the Time.
- ✓ Your Life Feels Like a Movie... a Boring One.
- ✓ You're on Auto-Pilot Mode.
- ✓ You're Not Happy.
- ✓ You're Indifferent.

How to Make a Change?

- ✓ Set an Intention.
- ✓ Let Your Intentions Marinate.
- ✓ Think About Your Obstacles.
- ✓ Decide What is Realistic.
- ✓ Set a Timeline.
- ✓ Keep Your Eyes on the Dream.
- ✓ Replace Old Habits.
- ✓ Stick with it.



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