



# CHANGE: The Only Thing in Life That's Permanent!

BY ANTHONY MAGEE, MS, MBA

*“Open your arms to change, but don't let go of your values.” —Dalai Lama*

**C**hange is the one thing in life that is not going to change. No matter what you think, no matter how you want it to be, things are going to change. You can count on it. So if you want to stay on top of your world, you have to be a Master of Change.

In order to master something as seemingly unpredictable as change, you need to know the Conditions of Change, and before you can even begin to grasp their intricacies, you have to do the prep work. If you haven't done the prep work, when you're in the fray of the battle and have to go with the flow of change, you'll wilt like a daisy in the desert.

## PREP WORK FOR CHANGE MASTERY...

- **Take your blinders off...** see things for the way they really are.
- **Shatter excuses in your life...** drop your convenient stories, and all the oh-so-dramatic reasons you can't get it together.
- **Upgrade your habits...** if your habits

aren't going to lead you to your dreams, either downgrade your dreams or upgrade your habits.

- **Be grateful...** for you, for us, for everything...especially for the vicissitudes of life. You've got to love change to master it.

The payoff for mastering change is freedom. If you can flow with change, you're way ahead of the game. Most of us are hanging on for dear life, gripping the status quo so tightly that our knuckles are whiter than granny's hair. Change-mastery is directly linked to self-love and self-reliance. The more able we are to depend on ourselves, the more prepared we are for change. As we talked about in the last chapter, self-esteem and self-respect are the most important prerequisites for the evolution of your life.

Read the following Conditions of Change and know that you can master change in the same way that you've mastered other things in your life.

## THE CONDITIONS OF CHANGE

**Count your victories.** When confronted with a big change in your life, take a moment to tote up your latest wins - big and small. This prepares you for the windstorm that often accompanies change.

**Do what you love; love what you do.** I know you've already heard this but it's a truism. If you're not doing what you really love to do, making a change—unless it's in the direction of your destiny—can feel like water torture.

*“You are what you are and where you are because of what has gone into your mind, and you can change what you are and where you are by changing what goes into your mind.”*

—Zig Ziglar

**Feelings first.** Any change—especially major change—requires that we face the

feelings and emotions that show up. If you're not willing to touch in with your feelings, and express them when appropriate, you're not going to master change. Period.

**Give credit where credit is due.** No matter what happens, if you have the courage to go through change, give yourself a blue ribbon for trying. Only the brave are willing to go up to the dragon of change and ask him for a kiss.

**Love yourself, love yourself, love yourself.** And while you're at it include us in your love nest. Self love and respect is the ticket, whatever the show may be.

**Risk, risk, risk.** When a positive, albeit challenging change requires risk, don't hesitate. Leap! There is no safety net, and thank God you don't need one! As my

personal hero, the Dalai Lama says, "great love and great achievements involve great risk.

**Take the high road.** When confronted with the choices that change brings, make the choice that conforms most with your values and ideals.

**Trust your instincts.** You—and you alone—know what's best for your life. Tune in, determine what feels right and change will be exhilarating, not exhausting.

**What's the worst thing that can happen?** Write it down, create a solution-oriented contingency plan.

If you're prepared for the worst thing that can happen, the reality is easier.

Being able to make changes gracefully requires that we know how to make

choices, and unfortunately you don't get that in your education. Look around. The people you admire—the entrepreneurs, pathfinders, pioneers, celebrities—they are masters of change. They know who's writing their life script, and they also know that half of the script is improvised. There is nothing more boring - and demeaning - than the status quo.

Mastering change has great payoffs: self-knowledge, self-respect, self-confidence, self-esteem ... not-to-mention that mastering change is the shortcut to fulfilling your destiny.

The bottom line is freedom. You came to this planet with the blueprint of freedom and fulfillment. If you've been change-phobic up to now, like anything worthwhile, mastering change is going to take practice. Experiment, take baby steps, be gentle with yourself, but know this: you are a master of change and it's about time that you knew it! ★

*"Beliefs generate your thoughts and emotions, which create your experiences. To change your life, change your beliefs."  
—Dick Sutphen*



**About the Author**

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