



THE TERROR OF CHANGE!

CHANGE! Does the very word and thought of it give you the shivers and scare you half to death? Well, you're not alone. In fact, most of us hate change so much that:

- ❖ We cling to bad relationships, like there's not one single other relationship out there to have. Sadly, a bad relationship keeps us from getting into the good relationships we SHOULD have, including the good, confident relationship we should have in loving ourselves.
- ❖ We cling to jobs and lifestyles we hate, and don't even start looking for other jobs or training or learning that could help us get another job. We think we can only do one thing at a time. Really? Says who?
- ❖ We think we have to live the way we do to cope with people or things in our life and we're afraid that changing something will make us incapable of that in some way. I hate to tell you, but when you're doing something that doesn't really make you happy, just to be able to "deal with" something or someone, it's just a matter of time before you realize you no longer want to live that way and that you need to change it. Do yourself a favor and don't wait for things to get ugly and miserable. Small changes can surprise you and make a big difference, and make things better for EVERYONE. Never be afraid to listen to your heart and do what you know is best. People that truly love us, LOVE US. Period.
- ❖ We close our minds, hearts and very souls against any new or different views, ideas, or learning, literally stopping all growth in any of these areas. Seriously, do we think that we've reached a point where we know it all, or are we just afraid we just might expand our knowledge and desires and have to admit we have been letting silly excuses choke out the dreams and happiness we really want?
- ❖ We say, "I'll do it later. . . or . . . some day." Exactly why do you want to seal yourself in a tomb until then? Exactly why do you want today to suck? There's no guarantees that you'll get tomorrow.
- ❖ We say, "But I've never done it before and I don't know how." Silly! How come we encourage AND EXPECT children to TRY new and difficult things (walk, talk, and learn constantly), but we think it's just fine for us to sit on our butts and not take the chance of trying new things? What is wrong with us? The only way to know if you can do something, is to try, and even if you don't succeed 100%, it still feels like a success, because you tried! You might even try it again, learn and succeed at it, eventually! You KNOW there are things you always wanted to look into more, or to try. YOU KNOW IT! So that the heck are you waiting for? You have no idea of what you are capable of until you try it.

Do you feel my frustration? Do you feel yours? Hey, that's good, because frustration is the first step in getting excited about CHANGE and SEE IT FOR THE HOPEFUL THING IT REALLY IS! What's the very worst that could happen, anyway? You get your hopes up and if it doesn't work out, you'll be wounded forever in some way for trying? But you know what? That hardly ever happens unless you go into it with your mind set on failing. When you are set on failing, you don't really try and then even if you begin to succeed, you purposely make it fail. Why do we do this to ourselves when we know anything is better than where we're at?

Deep down in your heart, you may really want it, but then you let the lies of your ego tell you, you shouldn't, you can't, or you don't deserve it! Accordingly, you let the evil part of your mind have full control over sabotaging everything about it. You don't even try to stop it and then you let it rub your nose in it and tell you, "See, I told you, you couldn't do it!" You let the lies of fear and self-doubt take control when you allow this!

How do you know when it's the truth in your heart talking or the lies of your ego and fears talking? Easy! Ask yourself *how you feel* when you have these thoughts. If you feel icky, undeserving, sad, or restrained, it's the evil lies of the ego challenging you. On the opposite end, thinking about something that makes your heart jump or dream, makes you happy or excited, **is the truth and your rightful path. Listening even just a little to how you feel** helps you stay on the smooth, easy, sunny road in life. But when we let the fears of our ego detour us, we usually end up having to work our way through a difficult terrain of potholes, bumps, and even closed roads, where we have to back up and turn around many times and take the long, hard way through life, never knowing what's up ahead! To me, that's way scarier and unsettling than embracing changes! (continued)

So on days when your life sucks, how do you feel about it? Based on those icky feelings, you now know that it's the lies controlling all of this. Now that you realize it's a big fat lie, let me remind you that you being here is not "random." There are no "extra people" in this world. We are all here for a very good reason and in order for the world to function as it should, each one of us is necessary. **Any one person that goes after the life of joy they dream of automatically helps the world along.** Any one person that doesn't go after the life they dream of hinders the world's progress. You are not alone. You are meant to live an incredibly happy, fulfilling life and that, in turn, benefits the world. **You are more important than you know.** Change is hopeful. Change is exciting, not scary. Only the lies are scary. Truthful thoughts warm your heart, to let you know it's the truth. Welcome the truth in. Welcome change. The world needs you.

So take back the wheel. Hasn't your ego detoured your life long enough? Force your ego into the back seat and if at any time you hear it being a "back seat driver," simply tell it, **"Yea? Well I'm driving here, so just sit back and be quiet! You're distracting me from going where I really want to go!"** If you ignore it long enough, it might just fall asleep back there as you're cruising the smooth roads and leave you alone for a while. And if bumps in the road wake it up and it starts jabbing at you again, continue making changes to fill your car with new riders that will help you hush it up quickly.

Any time you do the slightest thing that makes you smile or learn or allow yourself to try something new, you invite these good riders along to travel with you. Fill your life with good people and good things. If you like this analogy and want to use it literally to remind yourself daily, get an inspirational audio book like **RISE ABOVE THE SH**! Down-to-earth thinking from Wisconsin** and listen whenever you're in your car. Trust me, it drowns out the lies of the ego, fears, and self-doubt in no time!

Thank you for sticking in here with me. It proves you do want more for yourself, so stop being silly and welcome change into your life. I have a little homework for you now:

1. Share just one of the ideas from this article (or the whole article) with someone that might appreciate it.
2. Look at one unhappy thing in your life and just let yourself think about how you really want it and then do something! Go through all the options you have to make either a tiny or a huge change—it's always your call. You can try a bunch of things—there's no rules or barriers here besides the ones you set up.

Warmest wishes for your new, hopeful, exciting changing adventures!

~Mary Anne

"Raise \$1 million for charity while making the world a happier place!"

—Mary Anne, Author
RISE ABOVE THE SH**!



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