

## **Wellness from Within**

**A Time for Change - By Jennifer Powers**

As we transition from the colors of fall to the chill of winter we are reminded of one thing...there is nothing more certain than change.

Although resisted by some, change is an inevitable force that stirs things up, keeps us challenged and is by far one of the biggest contributors to success. Yes, success!

Think about it. Successful people are not just born that way, they succeeded by making changes to something that wasn't working quite the way they wanted it to (an invention, business, career, marriage, health, leadership, etc). And over time, every change they made brought them one step closer to victory.

So if you speak of success in terms of change it is hard to deny that they go hand in hand. The popular old saying, "Do what you've always done and you'll always get what you've always got" is a great advocate for change and it couldn't be truer.

Whether it be a change of habit, thinking, or perspective you have the power to catapult yourself to success by applying any or all of the above.

So, the question is, what would you most like to change about your personal or professional life? What changes can you make today that can take you one step closer to where you want to go?

Don't worry if the change doesn't lead you directly to success. Just know that doing something different will create a new stream of creativity and perspective that opens your eyes to new possibilities.

Once you decide what you are ready and willing to change, consider all that will come as a result. Envision the next change you will make as a continuation of the process. You might even benefit from writing them down in the order you imagine them occurring-like a domino effect. Doing so can keep you on task and focused on the journey forward.

Consider the possibility that now is the perfect time to effect change in your life. Take advantage of the season and flow with nature. Let old habits die off to allow room for new ones to form. Change is your friend, and if you embrace it, it will lead you exactly where you want to go.

**QUOTABLE QUOTE:** The most successful people are those who are good at plan B. –James Yorke