



CULTIVATING THE SEEDS OF CHANGE ©

Renée Canali, Life Coach Vol.3, Issue 2 February 2006

Resisting versus Cultivating Change

Recently, a business associate asked me an interesting question, “What do you mean by Cultivating Change?”

The explanation begins with human nature. We spend much of our lives establishing routines. We only change our route to work when we need to avoid an accident or traffic tie-up. We wake in the morning, brush our teeth, make coffee, get dressed, catch the news, drop the kids at day care or school and we head off to work. Our routines become habits and habits become patterns. We repeat them over and over without stopping to see if they are still effective. It is natural to resist change.

On the other hand, change itself is natural. Seasons change, soil conditions change, housing and economic needs change; even the airline industry experiences change. In Cultivating Change, resistance to change is reduced or eliminated. By learning how to leverage changes around us, the experience is less like sandpaper on silk.

Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better. King Whitney Jr.

Cultivating Change is a perception shift. It is learning to respond to change instead of resisting change. It is accepting change for what it is, not what it *does* to us. Cultivating Change is identifying opportunities in the changes which are inevitable, to respond in ways that enrich our lives, and to seek balance in the face of change.

What if you could learn how to welcome change *before* disaster strikes?

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GARDENER'S ACTION PLAN FOR FEBRUARY 2006 ©

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Advantages to Cultivating Change:

- ❖ Resisting change takes an excessive amount of energy. Changing patterns of behavior and reactions to change that are no longer beneficial frees up energy.
- ❖ Resisting change affects our relationships, careers, health, etc. The ability to change our perspective makes us more attractive to others.
- ❖ Resisting change is stagnating and deprives us of growth and opportunities. Leveraging change by creating new habits provides new opportunities.
- ❖ Resisting change leaves us ill prepared for catastrophe. Cultivating change allows us to deal with change one small step at a time, making times of unexpected hardship easier to navigate.
- ❖ Resisting change keeps you in a state of fear. Practicing the art of change allows us to take in more information, enabling us to make more informed decisions.
- ❖ Resisting change prevents us from assessing our behavior patterns to determine which patterns no longer work. Accepting change increases our ability to eliminate unnecessary decisions and avoid the consequences of unconscious decisions.
- ❖ Resisting change creates drama and uncertainty. Embracing change opens space for calm and purpose to expand in our lives.
- ❖ Resisting change reinforces the victim mentality. Welcoming change encourages us to take responsibility for creating our lives in a way that works best for us.

Learn wisdom from the ways of a seedling. A seedling which is never hardened off through stressful situations will never become a strong productive plant. Stephen Sigmund

For things to be different you have to cultivate change. If you are ready to change your habits and be more productive and satisfied and would like support, you may send an email to Renee@landofpossibility.com or call (301) 279-2363. All rights reserved. This may be reproduced with copyright statement and credits intact.



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