

A photograph of a person sitting on a log in a forest with vibrant autumn foliage. The person is wearing a dark jacket and looking upwards. The scene is framed by dark tree trunks on either side.

*WHEN NOT CHANGING
TRUMPS THE FEAR OF CHANGE*

When Is It Time to Change?

It Is Time©

14 Hints You're Ready to Pivot
& Change Direction in Your Life

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Intro

Does life seem unpredictable lately? Are you caught up in waves of restlessness where you feel like you want to be doing something, anything different than what you're doing right now? If only you could put your finger on exactly what this could be! Do you quickly get stuck in jealousy when you see someone else succeed, but find yourself procrastinating when it comes time for doing something yourself? Or, are you in a state of paralysis analysis? Not knowing what your next step should be?

If you answered yes to any of those questions, then it's like time for a change.

Life without change is stagnant. Everything feels stale, and going about your daily routine feels like a life sentence without the benefit of time off for good behavior. Yet the answer, so very simple, seems the hardest thing in the world to do. We make excuses not to alter the status quo and tell ourselves we're not ready and find excuses to put change off.

Why Do We Do It?

Maybe in part because we don't realize just how good change can be. For example:

Without Change, We Would Never Grow

Imagine if you stayed the way you were as a child. Initially, this might seem kind of fun, because it would mean you could play all day, carrying very few if any responsibilities. But imagine staying as a child. You'd never drive a car. Or date. Or experience the many things you have since adulthood. You had to grow in order to reach those milestones. The thing is, every stage in life requires further growth, usually in areas we can't see. None of this growth would ever happen, though, without change to push it along.

Changes Make us Adaptable

When change happens in our lives, we need to shift our thinking to accommodate the alteration. As with anything you practice often, this adaptability gets better the more you do it. Frequent change can't help but make us more flexible in every aspect of our lives. We learn to pivot and change direction on a dime.

Change Demands You Know What You Believe

Nothing challenges your belief system like change. As a result, every time you face a change in your life, you're going to have to reassess your beliefs and either affirm them or reshape them to fit the situation. Over time you'll find your beliefs, having been challenged frequently in this way, are stronger than ever.

Change Shows Us What We're Made Of

Nothing calls us to task as change does. The question is, are you going to rise to the occasion when you're called to shift your thinking? Or are you going to fall at the first hard push? Whether you weather the storm or not, change will show you how far you're able to go, and very likely push you further still when you need it.

Change Ruins Routines

This is actually a good thing. Doing the same old thing over and over is going to grow old fast. Change is what keeps life exciting and gives you something to look forward to in the day.

Change Gives us Life Experiences...and Compassion

When things change, we're forced to sometimes go through some very uncomfortable times. These are the times when we learn the most profound lessons. Of even more value is how those tough times shape us, teaching Compassion for others who face similar challenges.

Change Opens You Up to New Possibilities

When you're not afraid of change and are willing to try things in a new way, you're going to discover just how much the world has to offer. You start seeing new opportunities around every corner. What's more, you're more likely to take advantage of those fresh possibilities when you've already learned change is a good thing.

When Am I Ready?

With so many benefits, it's no wonder change is considered so important. The question is, how can you tell you're ready for a change?

You're Not Here

It's not unusual to daydream about the future, or even to look with fondness on your old 'glory days.' This becomes unhealthy, though when you're never here, in the present. Ask yourself honestly, where are you really spending your time? Here, or somewhere else entirely?

You're Talking Too Much About Work

You love your job, and that's important. The question is, are you talking about it constantly, even when you're away from your workplace? This might imply your personal life is growing stagnant, and your life is out of balance.

You Drag Yourself Out of Bed Every Day

Having trouble waking up? Do your footsteps lag when you're getting ready for work? If so, you're likely not looking forward to the day. Ask yourself what you're dreading about today. If you do this every day, you'll quickly start seeing a pattern, signaling you just where change needs to occur.

You're Overspending on Things You Don't Need

Getting stuff is fun. Getting things, you don't need because you're trying to fill a void in your life? Not so much. Especially if you're using money you don't have (i.e., credit cards) to buy it. What do you need to change, so you don't feel this way?

You Flinch When You Think About What People Will Remember About You

Just how do you think other people see you? Is this how you want to be remembered? If not, it's definitely time for a change. Your legacy should be

something you feel good about, not something you hope gets swept under the rug when you're gone.

You're Jealous...a Lot

Sure, it's easy to feel a twinge of jealousy when someone buys a new toy you wish you owned. When you're jealous a lot of the time, about things really not all that important, you might want to start looking at your own life. This is a sure sign of dissatisfaction for what you have or are accomplishing. What are *you'd* like to accomplish? What do you need to change to reach this accomplishment?

You're Overindulging

Like shopping, food, or drink are also common go to for filling a void in your life. The problem here is these things can really take a toll on your physical health. Living with obesity or alcoholism is not fun, nor should it be a way to escape from the change you desperately need to make.

You're Obsessing

When you have a thought in your mind, especially about something you wish was different in your life, your subconscious is signaling you. It's time to be doing something different. Pay attention to these thoughts. What is it you need to do to set your mind at rest? What change in your life can you create today to lay this thought to rest once and for all?

You're Not Getting Out

The worst ruts are the ones that trap you to the point where you create routines, keeping you at home and out of touch. I've got news for you: The pizza boy really doesn't need to be on a first-name basis with you, nor do your friends appreciate it when you cancel on plans just to stay in. How can you change this?

You Can't Find the Solution Anymore

Typically, we're pretty good at brainstorming when we need a solution to a problem. But when the issues seem too big, and there isn't a solution in sight, it

might be time to reword the problem. For example, it might not be a matter of trying to find a fix that will make your boss respect you. It might be time instead of a new job completely. How can you tell the difference? Easy. You'll know when you've already tried everything you can think of to change things, and none of them worked.

You Apologize All the Time

This one might not seem very obvious. When you apologize even for things you haven't done, you're typically not feeling very self-assured or confident. What this means in the world of change, is something is undermining these traits. What's getting you down? What do you need to do to feel better about yourself?

You Expect the Worst

This ties into the last one. Again, when you're not feeling confident, this time about the future, you start to see the worst-case scenarios. Confidence comes from feeling good about what you're doing and having the assurance about a positive outcome. Pessimism happens when you're desperately needing to change whatever is keeping you from having this assurance.

You Feel Rushed

If you're always in motion, jumping from project to project, and never having time to think, you're on the fast track for exhaustion, burnout, and eventually some pretty serious health problems. You need a serious change to allow yourself the time to rest and recharge once in a while.

Your Health is Suffering

If you're not feeling well, you're dragging, and you're starting to dread looking in the mirror, it's definitely time for a change in how you address your physical health. Are you eating, right? Getting enough sleep? Exercising once in a while?

Conclusion

As you can see, it's pretty easy to spot when your life is ready for a change. In short, it's pretty simple. If you're not happy in your life, it's time to change. If this is the case, what are you waiting for?

Ready...step...pivot!

You're about to change the direction of your entire life!

Nothing in life is permanent . . .

No matter where you are in your journey, you must remember that it is up to you to decide how you want to emerge from any type of crisis.