

Lesson #5
CONFIDENCE THAT CHANGE
CAN BE A GOOD THING



What It Means To Have Confidence That Change Is Good

Human beings love the comfort zone. The “comfort zone” refers to your personal space where you feel most comfortable.

Hanging out in your “comfort zone” is great because you already know what to expect when you’re doing things that fall under your comfort zone.

While the comfort zone sounds like a great place to be, there are some drawbacks to spending all your time there.

When you’re in the comfort zone, you’re far less likely to try new things, take risks, or speak to new people.

Exiting your comfort zone is necessary to experience new things in life. If you never leave your comfort zone, you don’t give yourself a chance to grow, evolve, and learn more as a human being.

The urge to grow, evolve, and learn more requires an effort to make changes in your life.

This urge to exit the comfort zone describes the idea in having confidence that change can be a good thing.

When you encourage and trust yourself to get out of your comfort zone, you have confidence in your ability to change, grow, and learn more in life.

You believe that change can be a good thing and have confidence in yourself to spread your wings, try new things, and go on adventures so you can develop further as a human being.

SOME KEY BENEFITS CHANGE

- Change leads to new opportunities
- Change brings new experiences
- Change keeps life interesting
- Change is progress
- Change is exciting
- When one door closes another opens
- Facing change builds your resilience
- Facing change builds your inner strength
- Facing change is fulfilling and provides feelings of self-satisfaction





**4 KEY BENEFITS OF
HAVING CONFIDENCE
THAT CHANGE CAN BE
A GOOD THING**

Having confidence that change can be a good thing widens your social circle

People who are willing to approach change with confidence meet tons of new people. As a result, they are more likely to make many new friends and professional connections.

Rather than having only a small group of folks they consider to be a part of their lives, people who approach change with confidence establish tons of new relationships because they aren't afraid to exit their comfort zone and get to know more people.

Having confidence that change can be a good thing helps you take more risks

Taking risks can sometimes lead to fantastic results, and if you never take risks, you don't give yourself a chance to chase after the possibility of achieving those fantastic results.

Learning how to take risks can help transform your life in the best ways.

When you have the confidence that change can be a good thing, you develop more comfort in taking risks and trying new things because you understand that the results could be incredibly worthwhile.

Having confidence that change can be a good thing gives you more life experiences

By having confidence that change can be a good thing, you don't limit yourself to the confines of your comfort zone all the time.

You allow yourself to explore new places, meet new people, and try new things.

While you may spend some time in your comfort zone occasionally, you also make sure you're giving yourself plenty of chances to explore and learn.

A person with this type of confidence lives an exciting and varied life.

Having confidence that change can be a good thing encourages you to be a lifelong learner

Lifelong learners are people who always strive to learn new skills and seek new knowledge. Rather than deciding that they don't need to learn anything new after a certain point in life, they crave new knowledge and welcome the opportunity to learn more.

Lifelong learners don't let themselves become too set in their ways or opinions. When presented with new information, a lifelong learner will consider it and learn more about it – even if it challenges an opinion they already hold.

Having confidence that change can be a good thing encourages you to keep learning throughout your entire life, even if it involves exiting your comfort zone and changing your mindset upon learning something new.



**15 TIPS TO DEVELOP
A STRONG SENSE OF
CONFIDENCE THAT
CHANGE CAN BE A
GOOD THING**

**It is possible to develop a sense of
confidence that change can be a good thing**

Allow Yourself To Start Small When You're Experimenting With Embracing Change

When you're trying to acclimate to embracing change, avoid any major changes as your first attempt.

Starting with smaller, more manageable changes is the gentler way to build your confidence in change being a good thing.

These types of changes are smaller and low risk. For example, if you don't like the food at the new restaurant, you can opt to never order from there again.

By making these small types of changes first, you can acclimate yourself to embracing change and possibly discover some new places and things you enjoy in the process.

Practice Accepting That You Can't Have Total Control Over Everything In Life

Nobody will ever maintain total control over everything that happens in their lives.

Learning how to let go of control is an excellent way to boost your confidence about viewing change as a good thing.

Relinquishing control is difficult, but when you learn how to begin doing it, you can start embracing change instead.

Get Comfortable With Using The Phrase “I Don’t Know.”

Even the most knowledgeable and prepared people experience “I don’t know” moments.

Life can be unpredictable, and everyone faces moments where they truly don’t know how something will unfold.

Learn to become more comfortable with saying “I don’t know.”

Learning how to say “I don’t know” is a valuable step toward building confidence that change can be a good thing.

When you don’t know how things will happen, making a change could go wrong....but there’s also a chance that things could go well.

Reach Out To Your Support System For An Extra Confidence Boost

Talking to other people you trust about making changes offers an excellent outsider's perspective.

If you spend too much time obsessing over making a change, you may need to get “outside of your own head” to see the change more clearly.

Make A Pros And Cons List To Determine The Value Of A Potential Change You're Considering

A pros and cons list can help you see the potential outcome of making a change more clearly.

When you have the facts and possibilities written out in front of you, it can be much easier to embrace a change as a good thing.

More often than not, you'll likely discover that the pros outweigh the cons, giving you a confidence boost about how that change could be a good thing.

Keep Your Skill Sets Up To Date

Keep your skill sets current.

Participate in professional development, speak to experts in the field, and attend classes when needed to continue strengthening your skills.

When an opportunity to embrace change arises, ensuring that your particular talents and skills are up to date will make it feel much easier to embrace those changes.

Change Your Mindset About Change To Be More Forward Focused

When you're weighing the potential outcomes of making a change in life, consider the following question: Will making this change get me closer to who I want to be or what I want to achieve? If yes, you can feel more confident when embracing that change.

Knowing that you're doing something to improve yourself or advance yourself further is an excellent confidence booster in making changes.

Even if the change is difficult to make, knowing that it'll have an overall positive impact is often incentive enough to keep going.

Reduce The Amount Of Ambiguity On The Other Side Of Making A Change

Uncertainty makes change scary. When you aren't sure about what could lie on the other side of making a big change, you're less likely to approach it with confidence (if you even decide to approach it at all). Your brain goes into "survival mode," doing everything in its power to keep you away from a perceived danger.

To reduce that amount of ambiguity and boost your confidence in change being a good thing, give yourself plenty of time to brainstorm all the potential outcomes – whether they're good or bad.

When you have a full grasp of what could happen, making the change feels a lot less unpredictable.

Flip The Script On Making Changes To Be An Adventure Story Rather Than A Horror Story

Perspective is key when you're trying to change your attitudes about something, especially making changes.

Improve your confidence in change being a good thing by “flipping the script.”

Instead of viewing making changes as something to be scared about, consider viewing it as an adventure instead. Rather than trudging toward some imagined inevitable failure, think of making changes as an adventure instead.

Adventure stories often contain hardship, but they also involve valuable lessons and experiences along the way.

Get Comfortable With Your Emotions

Making changes invokes all sorts of emotions and feelings, including fear and anxiety. Learning how to feel and process those emotions can help boost your confidence in change being a good thing.

Once you're able to move past your emotions and focus on the actual act of change, doing what you need to do to embrace the change feels a lot less intimidating.

Learn To Accept The Inevitably Of Change

Human lives are full of change, whether they're deciding to make changes themselves or facing the inevitable change that occurs to us all.

Learning how to accept this simple fact of life helps increase confidence that change can be a good thing.

Doing this takes time and practice – to better embrace the inevitability of change, it helps to create mantras, meditate on the fact, and keep reminders of ways that change can be a good thing close by.

Get A Better Understanding Of Exactly Why Change Makes You Feel Uncomfortable

Spend some time really examining your issues with embracing change. Doing so can give you valuable insight about exactly why change makes you uncomfortable.

When you know why change makes you feel uncomfortable, you can begin addressing the specific problem behind your hesitation or fear.

As you begin to address the root cause of the problem, you'll notice your confidence in embracing change increasing.

Engage In Some Stress Reducing Activities On A Regular Basis

Practice self-care, get regular exercise, and make sure you're getting a restful night's sleep.

Whatever helps you reduce your overall stress, make sure you engage in those activities regularly. Doing so can help you change your attitude about embracing change.

When you're feeling your best and experiencing less stress, you'll feel more confident that change can be a good thing.

Reach Out To A Mental Health Professional

If your confidence that change can be a good thing feels nonexistent, consider reaching out to a therapist or mental health professional for assistance.

Talking to someone who can really help you break down your emotions and understand effective ways to process making changes can help you develop more confidence in embracing change.

BUILDING CONFIDENCE IN EMBRACING CHANGE IS IMPORTANT FOR LIVING A FULFILLING AND EXCITING LIFE

Learning how to embrace changes leads you to tons of great experiences, such as learning new skills, meeting new people, and trying new things.

When you build confidence in embracing change, you open your life to an infinite number of possible ways to grow and evolve.