LESSON 5 WORKBOOK

Build Confidence That Change Can Be A Good Thing

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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. Besides encompassing actual, physical spaces, your comfort zone also includes people, restaurants, hobbies, TV shows, and a variety of other aspects of your life that bring you feelings of great comfort.

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. Change can be incredibly scary – when things in your life change, they are often fighting heavily against your comfort zone. However, in order to try something new, you must exit the comfort zone for a while to have those new experiences.

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.

Exercises: Develop 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.

Make one small intentional change in your daily routine every day.

For example, instead of coffee drink tea, instead of cereal for breakfast have eggs, instead of taking the same route to work take another one, instead of aerobics class, take a spin class, order something new from the menu, etc. This helps you create the positive perception that change can be exciting and not just scary

Write about your experience with this, consider how you felt, what you thought, the benefits of it…etc.

Get comfortable with using the phrase “I don’t know.”

List some main things you don’t know about

Write about how that feels

What about the unknown is scary?

What about the unknown is exciting?

Write a message to the unknown, focus on acceptance and how you can overcome your own obstacles to facing the unknown

Positive associations with change

List changes that you have been through that resulted in positive outcomes. Think hard, be specific.

Keep a list of positive experiences you've had with embracing a change as they happen

Support

Make a list of the people you trust that can help you deal with changes

Make a pros and cons list to determine the value of a potential change you're considering

What is the change

_____

PROS	CONS

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.

Apply this to a current change you are experiencing

Reduce the amount of ambiguity on the other side of making a change.

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.

Write about this from your perspective, think back to past changes, what adventurous aspects can you see in those

Get comfortable with the change related emotions

A good way to boost your confidence in change being a good thing is to learn how to get comfortable with your difficult emotions. Making changes invokes all sorts of emotions and feelings, including fear and anxiety.

List the emotions you associate with change

How difficult are these for you to deal with?

What positive steps can you take to process those emotions?

Learn to accept the inevitably of change

Doing this takes time and practice – to better embrace the inevitably 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.

My mantras

Get a better understanding of exactly why change makes you feel uncomfortable

Identify three emotions you have been feeling recently around a change (or changes) in your life. Lean into them and write down the ways they have shown up in your behaviors and conversations.

Is change difficult for you? Explain why.

List 5 reasons you don’t like change

List 5 ways that change can benefit you

List 5 ways you can learn to embrace change

What makes you resistant to change?

Are there times in the past where change was a good thing?

Were there times in the past where change was not such a good thing, and so you possibly hold onto that and project it on future changes?

List obstacles that are holding your back from change right now

Consider how you can overcome these obstacles

Complete these thoughts

Change can be…

Change scares me because

Change is exciting because

Change is a good thing because

Change is a bad thing because

I can handle change because

I look forward to change because

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