

Motivational Moments: Changing your life for the better

Written by Penny Jones-Richardson
Thursday, 22 May 2014 15:48



This week I would like to talk to you about changing your life. I don't mean anything drastic, but I am talking about changing for the better. Look at it this way.

Recently, I have found that there are many things that I have to change about my own life. I've had to change my eating habits and start exercising more. This is a goal I set that will also make me feel better in the end. Yes, this one will take a lot of work but in the end it will be the best decision that I've ever had to make.

Change can be hard for many people. Sometimes you can get accustomed to doing things a certain way and any interruption to this routine could make anyone uncomfortable. We are creatures of habit and we like for things to stay the same if at all possible.

I remember when a good friend of mine had to adjust to some huge changes that happened in her life. She had to move her family to another state in order to start another job. Now this was a change in life that was totally unexpected. It was a better job and paid more money, but it was very far from all of her family and friends. Now this took some getting used to. Her whole life changed very quickly and it was an adjustment. Her children were also affected by this change. They had to change schools and make new friends. (This can be a huge hurdle for some children.) But the good part of this was that she looked at it as another adventure for her and her children and she taught them to do the same. She set a goal to learn everything about her new state and find places of interest for her and her family.

This change worked for her, but however there are some individuals that just don't welcome change well at all. They may like how things fall into place or that their life has been the same for so long and maybe change is not possible. Maybe they think they don't deserve anything to go any differently for them. Maybe they think that their time has come and gone, and that this is the best that life has to offer them. I believe that anyone who wants to change their life can. It starts with setting goals and working on them. Don't let the fear of change stop you from doing anything you set out to do.

And as always, stay focused, stay determined, and keep striving for greatness.

Motivational Moments: Changing your life for the better

Written by Penny Jones-Richardson
Thursday, 22 May 2014 15:48

Penny Jones-Richardson is a published author and life coach. She can be reached via her website at www.thequeensproject.com or email at penny@thequeensproject.com.