

James Clear, author of Atomic Habits, says, "The natural tendency of life is to find stability."

Our bodies do this automatically through homeostasis - for example, we have an average body temperature of 98.6 degrees. We aim for equilibrium or the Goldilocks Zone...we want our blood pressure to be just right; not too high or too low.

The patterns in our lives are the barometer of our own homeostasis, the way we:

- Eat well or frequent the drive-thru
- Exercise regularly or not at all
- Clean up and put away after ourselves- is this a habit or not?
- Stay in touch with the people who are important to us - connecting or not in relationships

We settle into our versions of equilibrium.

The contentment or discontent of our daily lives is based on the feedback loop of our daily evaluation. Did we follow through or fall apart?

The feedback is based on the equilibrium of our habits and a delicate balance between

- environment
- potential
- tracking

The deal is that UNTIL we try to make any changes, we hardly notice any of it, even our discontent.

The paradox is when we hear stuff like massive growth demands massive change.

We cannot massively do that *BOOM* like that-biologically, physiologically, and psychologically.

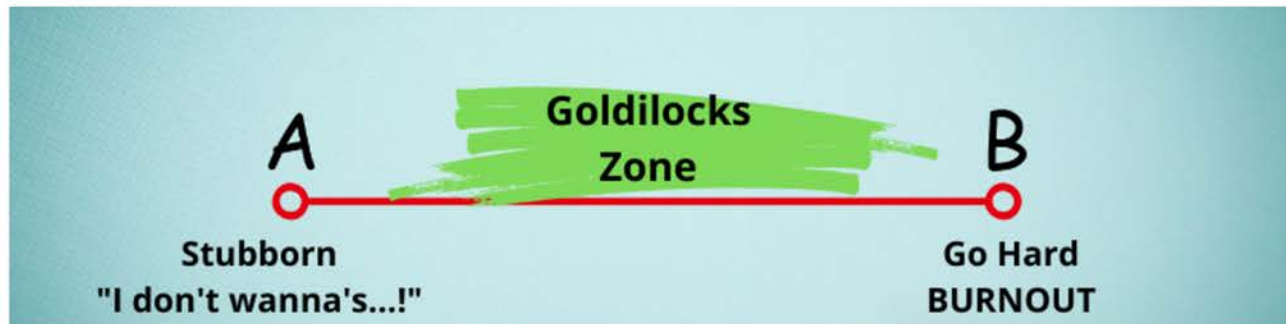
We're ALWAYS looking for stability (while looking for that change) and therein lies the BIGGEST paradox on the planet —

You're fighting your biology, your brain, and your well-being.

It sometimes feels like even when you DO attempt to change, something comes up to disrupt your best efforts.

- Your dog throws up in the middle of your meditation
- Your husband surprises you with your favorite chocolates
- Your electricity goes out, and there goes your workout online

It's a battle with circumstances, your brain, your schedule, and the energy shift required to make it happen.



Change comes in small, incremental bits:

- Better sleep when you start going to bed 15 minutes earlier
- Consistent exercise when you dress in your workout gear first thing in the morning
- Better eating habits when you curate your pantry, plan your meals, and cook at home
- Better mindset when you use a Mindful Mug, Quote Deck, and Take Back Your Life Journal

The paradox of change? Work with, not against yourself, curate small, incremental changes, and don't trash your life and start over.

It doesn't just work — just change your "normal" a little bit at a time until it feels normal.

And just like Goldilocks, you'll discover a vibrant life that's "just right" and in your zone - no one else's.

You're worth the incremental, small changes that create your vibrant life.