

Change can be unwanted, but it can also lead to creativity and patience if we are willing to face it. (Watch the replays from earlier this week for more!) Yesterday we wrapped up the week by talking about the Paradox of Change.

Carl Rogers said, ***"The curious paradox about change is that when I accept myself as I am, I can change."***

How do we do this?

1. Accept the whole picture of who you are, not the filtered version. Remember, you are not an Instagram influencer trying to create an illusion of perfect, for yourself or anyone else!
2. Choose forgiveness or radical acceptance.
3. We all dance, and sometimes we step on toes! Learn to be okay with that.
4. Accept personal responsibility. Look in the mirror - don't deflect or blameshift.
5. Eat a BIG slice of Humble Pie - it will lead you to see much clearer.
6. Remember who and whose you are.

7. Doing the best you can right now doesn't mean or imply that nothing can change - it's a signal!

Too serious? Make it funny!

Need reminders? Put them everywhere!

Change the script and take charge! Don't be afraid to do it your way.

8. Resistance happens. James Clear says its in proportion to the size and speed of change, not whether or not its favorable or unfavorable. In other words, backsliding is inevitable!

9. Rely on small wins to combat #8. For example, do 5-minute workouts or challenge yourself to drink one more glass of water at a time.

10. Work WITH, not against yourself. Piggyback on well-established habits.