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**Subject:** Lifeways Issue 5

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## LIFEWAYS

## ISSUE 5

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### DEALING WITH CHANGE

Often we tend to resist change because we fear the unknown, are unsure of ourselves or our abilities, and cling to the good parts of what we have enjoyed. Change can often make us doubt ourselves and even doubt God. Dealing with change successfully requires being honest about how you feel and not stuffing the emotions that accompany change.

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So how can you deal with change effectively? By keeping the following in mind:

- <> Most change is risky. But if we don't take risks, we can't make progress. What are the implications of not taking the risk?
- <> Tradition and staying with what we have always known can put us in a rut and prevent better things that could happen.
- <> Playing it safe by relying on past success is a great way to prevent change, encourage complacency, and stifle future success.
- <> Failure is always possible. That is part of the risk we have to take if we are going to reach goals and move forward. Any athlete, musician or other professional will tell us that they have to train and compete knowing that failure is part of the process of moving toward accomplishment.
- <> You are never too old to change! The saying, "You can't teach an old dog new tricks" may be true about dogs but you are a marvelous and capable creation of God. Remember Moses was called to lead Israel out of Egypt at eighty years of age.

"Resisters fight change and stubbornly refuse to budge. Innovators are those who make change happen." Gary R. Collins

SPECIAL NOTE: Crosswayslifecoaching.com recently received a major facelift. If it has been awhile since you visited my website please check it out and tell me what you think.

Dreaming Big,

Michael J. Pfau, M.Ed., C.L.C.

\_\_\_\_about the publisher\_\_\_\_\_

Crossways Life Coaching

The focus of Crossways Life Coaching is to guide individuals into intentional, authentic living. *Lifeways* is written by Michael Pfau, a Certified Life Coach. Through his work with the Bruce Wilkinson's Dream Giver Coach Network and the Christian Counseling and Education Foundation he helps couples, individuals and small business owners achieve their dreams and reach their full potential.

Individual and group coaching is available. For more information or a complimentary coaching session, contact Michael at [mike@crosswayslifecoaching.com](mailto:mike@crosswayslifecoaching.com) or visit [www.crosswayslifecoaching.com](http://www.crosswayslifecoaching.com).

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