

This Is Good...

I Just Don't Know How Yet - by Sgt. Steve

I don't know how your year is going, but my year has been marked by a whole lot of change, both personal and professional. You may have already read a few of my articles on coping with change, and you might think that I've gotten to a place where I'm immune to it. Not true. I still struggle sometimes, but I'm much better at dealing with it than I once was. It is a practice and a discipline.

Recently, I've been hit with a lot of change at work: new hours, new shift, new boss, new coworkers, new area of responsibility, new team, new problems, and new expectations.

Here is what I'm telling myself about all this rapid change:

"This is good, I just don't know how yet."

This is how you apply the Stoic concept of **Amor Fati** (love Fate) to your thinking.



THE BIRTHDAY PRESENT

Each time I find myself dwelling on the negative, each time I wish things were different, I try to stop and remind myself: **This is like getting a birthday present.**

It's all wrapped up in paper right now; I have no idea what is inside. I know that whatever it is, it'll be good... Even if it isn't something I asked for or expected. I have never once looked at a wrapped present and thought, "*Whatever is in there is dangerous.*" I don't think to myself, "*I wish I didn't get this present.*" No, I open it up and try to appreciate whatever the gift is.

Sometimes that gift will be a new friendship or a new opportunity. At times, that gift will be an opportunity to grow stronger or smarter. Sometimes that gift will be a whole bunch of opportunities to

practice Stoicism or resilience. For me, that gift is sometimes new stories and new experiences that I can write about or talk about when sharing philosophy with others.

Telling yourself “**This is good, I just don’t know how yet**” is a way to be hopeful and optimistic. It also sets you up to be more successful. Your attitude and mindset matter, especially when taking on a new challenge or mission. Starting with an optimistic outlook can make the difference.

You have two choices: you can view change as a curse and a hardship, or you can view it as a gift, something that is good. The way you look at change WILL 100% determine what your feelings are about it moving forward. Why not just set yourself up for positive and happy feelings?

Anyways, that's what I've been telling myself lately. That's the reminder that I try to keep fresh in my head. It's been working so far. If you give it a try, I'd love to hear about your experience.

**Amor Fati,
Sgt. Steve**