

# Embracing Change with Confidence

By Cristina Dovan

**T**en years ago, I felt change was good as long as I wasn't there when it happened.

Now if nothing changes I panic, it means I'm not growing. I now associate change with growth, the only way we grow is when we challenge ourselves. There cannot be growth without change. If the caterpillar had not undergone metamorphosis, we would not see butterflies.

I vividly remember the winter of 2010, it was cold, I was going to work in Romania at my call centre job and suddenly I had a weird thought that came to mind unexpected 'Is this it? Is this everything to life?' I needed a change and wondered what else was out there 'Isn't there supposed to be more to life?'

Ten years of growth later, I can tell you there is so much more out there but we have to set the intention to search for it. I moved countries, went to University in England, started my business, and became a Life Coach.

Joined different programs, read hundreds of books, learned new skills, and watched hundreds of hours of content. I have to say there is still so much more I can learn and more that I can do.

My journey of letting go of the old to embrace change began with a single question on a cold day: "Is this it?" The answer is, no. Change, while disruptive and daunting, is necessary for personal evolution.

I share the same sentiment with football player Jason Kelce who said, 'I'm uncomfortable with too much comfort. Something feels wrong. That is when I know I need to change something. 'Now I feel uneasy without growth and I am always looking for new challenges, I am addicted to growth and I realized that I can't evolve without change, I will always pursue the best version of myself but in the beginning it was hard to let go of the old me.

**Here are a few tips to help you let go of your old habits and beliefs to embrace change with confidence:**

## Change your mind

Change is scary; our brain would do anything to stop us from going outside our comfort zone. Most of us are scared simply because we don't think we can achieve more, we doubt ourselves and often times this stems from a fixed mindset and lack of action.

The best way to deal with change is by shifting your perspective from a static mindset to a growth mindset. This will help you in times of adversity because it can make the difference between staying where you are and moving forward. In times of hardship, you realize that although change and growth are disruptive the right mindset can drive you to your destination.

Change, no matter how challenging always has the potential for positive outcomes, even if the outcome is not the desired one it will teach you something valuable.

If your mind is strong then your life will be strong.

## Being positive is underrated

Being positive can make a world of difference, once you start allowing negative thoughts it will lead to overthinking.

Then your brain will tap into these negative thoughts repeatedly, it will therefore keep you in a negative state of mind and you will always see the worst in everything, this will attract negative outcomes.

The law of attraction is like gravity, it works even if you don't believe in it, so make sure you attract what you want. What you put out will come back; always make sure you will get the best back, always cultivate good thoughts and remain positive.

### **Dream crazy**

'Don't ask if your dreams are crazy. Ask if they're crazy enough.' Have you watched that Nike ad that challenges us to dream big, are you? The problem is we set small goals and think we should be realistic, but that means looking at your circumstances and accepting that that's all you can be and have and that is not it, we cannot be realistic by staying stuck only because our circumstances don't look good. Think big, think so big it scares you, why not you? Set goals and work hard every day, it will be you. Having a vision for your life is something that will give you wings to achieve all that you dream of, follow your heart, and never stop chasing your dreams.

### **Learning is a life-long commitment.**

To change and constantly evolve into the best version of yourself you have to learn new things learning is a life-long commitment. Creating new things comes from always exposing yourself to new ideas, new concepts, new experiences, new places, and new people.

Don't put a limit on yourself by staying in your lane, learn from different industries and bring ideas together, create magic by thinking outside the box. You cannot grow if you never learn anything new. Once you understand that you can achieve what you want by working and learning new skills, becoming resilient, and staying positive, you will then understand that change is amazing and necessary for you.

One thing is clear, by staying in the same place, you miss opportunities and you can never know how your life could have turned out if you had just ventured outside your comfort zone. Know that your brain is not designed to make you happy it has been designed to keep you safe so it's natural to feel scared of new experiences but don't let it stop you.

Remember this; easy choices hard life, hard choices easy life, it might not make sense in the beginning but think about this, if you always go for the easy choices you will not grow, when a new opportunity arises I need to make sure I can grow from it otherwise I'm not doing it.

Do not settle because your circumstances don't look promising, if you believe it you can achieve it. Life is too short to be doing anything but exactly what you want. Do exactly what you want. Live a life with purpose. Are your dreams crazy enough?



**Cristina Dovan** is a certified Life Coach who blends her passion for human behaviour with her experience in digital entrepreneurship. She embarked on her personal development journey over five years ago and is now devoted to using her insights to help others transform their lives. Cristina's story is one of growth and change, starting from her academic roots in International Relations to launching her own business in 2020. She lives in Coventry, United Kingdom, and is dedicated to guiding her clients towards realizing their full potential.

