

I AM EMBRACING CHANGE OUTSIDE MY COMFORT ZONE

I adapt and learn with each new challenge, becoming more versatile and resilient. I view change not as a force to resist but as an invitation to evolve.

By welcoming change, I am permitting myself to explore uncharted territories of my potential, shift perspectives, and embrace the dynamism of life.

Change is the wind that propels my sail, guiding me to new adventures and opportunities for self-discovery.

I trust in my ability to navigate through the uncertainties change may bring, and I am excited by the possibilities that lie ahead.

REFLECTION QUESTIONS

1

How has change been a positive force in my life?

2

What changes am I currently facing, and how can I embrace them?

3

What fears do I have about change, and how can I address them?