

NO MATTER WHICH AREA OF YOUR LIFE YOU ARE WORKING ON RIGHT NOW, THE KEY TO ACHIEVING MORE THAN YOU CURRENTLY ARE, IS CHANGE.

By Jen Atkins



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**T**he old saying rings true - If you always do what you have always done, you will always get what you've already got. If you keep eating and exercising the way you currently are, you will weigh the same a year from now. If you continue to do the same thing in your job this year, you will make the same amount of money next year. In order to move forward, we must change.

In both my professional and personal experience, I have found that making the decision to make changes is the easy part. Actually making those changes is much more difficult. Why is that?

Quite simply, change is an emotional process. We resist it because we are all creatures of habit who welcome routine. Uncharted waters are scary. In the long run, however, sameness is the fast track to mediocrity.

Tuli Kupferberg said it best "When patterns are broken, new worlds emerge." That is your challenge - to convince yourself that the new world you are trying to create is better than the one you're in. Is it easy? Of course it's not. It takes planning, commitment, patience and courage.

The truth, of course, is that change can be a wonderful gift. In fact, it is the key that unlocks the doors to growth, freedom and excitement. Without it your competition will pass you by.

One key to your success will be your ability to find the inspiration to get out of your comfort zone. You need to assure yourself that even though you are on a new path, it's the right path, chosen for the right reasons. Embrace the changes you want to make.

Something magical happens when we accept personal responsibility for our behavior

and our results. This isn't easy because it's human nature to "pass the buck." I know there have been times in my life when I was struggling to accept my circumstances, where I found myself blaming others, blaming this, blaming that. Now, when things go wrong in my business or my personal life, I can always find the culprit in the mirror. In every instance, it's the choices I've made in my life that have put me exactly where I am today. This one tweak in attitude may sound like a little thing, but it has made a big difference in my life.

*"No one is in control of your happiness but you. Therefore, you have the power to change anything about yourself or your life that you want to change." Barbara DeAngelis.*

One of the most important things you can do in times of change is to understand that taking responsibility and recognising problems as a challenge or opportunity will help you grow and fulfill your true potential. Do you know how remarkable you really are?

*"Your future depends on many things, but mostly yourself." Frank Tyger. ◉*

Jennifer Atkins is a qualified Life Coach, NLP Master Practitioner, Personal Trainer and the founder of Jenesis Mind & Body. Jen has a Diploma of Health Science, certificate of weight loss nutrition and has 20 years experience in health-related fields. Coming from a successful career in the health industry, Jen has found her true passion in her business Jenesis Mind & Body, where she hopes to have a positive impact on women's lives worldwide by helping them be healthy, happy, fulfilled and achieve the life they desire and deserve. Jen believes an outstanding life begins with optimum health and the correct mindset and so she has created Jenesis Mind & Body for women to excel.

MAKE  
YOUR LIFE  
A MISSION  
NOT AN  
INTERMISSION!