

“Change Before You Have To “

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Breaking old Habits

The idea of change is often met with resistance- especially when it is forced upon us. However, if we change before we have to, we are able to more easily take control of our fate. The title quote above by Jack Welch has uncomfortable implications as change is not natural to human nature. Nevertheless, we need to make changes when we know that our present situation is not

Taking proactive steps to change our circumstances either before they get out of control or, in some cases, before change is forced upon us... is a wise move. And it will steer us towards finding stability at a better level where we can enjoy the benefits of our efforts.

What bold, brave step can you take to create the life you really



benefitting us and may even be detrimental to our health and happiness. Change is never comfortable and it explains why people stay in jobs they loathe and in relationships where they feel lonely and unloved.

If something is not working well in our lives, whether it is our habitual daily routines, our health, relationships or work life, it is unlikely to improve unless we change it.

want? New and unfamiliar ground always brings a level of anxiety and discomfort that we all wish to avoid. But fear is often the only thing stopping us. Spend a few moments imagining how you will feel a year from now if you don't make the change.

Now spend a few moments imagining how you will feel when you have made the change. Good Luck!

Marie Wellness clinic

As you can see the theme this month is all about embracing the changes we know we need to make.

Delaying making changes can impact our well-being. Rather than acknowledging the uneasiness, uncertainty and vulnerability that change creates we often cling to the comfort of the familiar.

We cannot grow, learn and achieve our potential unless we risk failing and making mistakes.

So, if you know what you need to do:

Put a plan in place, get the support you need and start now. Take the first step and remember, action cures fear.

“You don't have to see the whole staircase, only the next step.”
Martin Luther King.

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