

#503

Change: What You Think Is What You Get!

Let me make this perfectly clear my friends, change is inevitable in the workplace today! Regardless of the changes that take place in your life, you must know without a doubt that it's not the change in and of itself that determines your fate, but rather it's the thoughts you have about the change that really makes the difference. So, stop whining about it and think about what you're thinking! In fact, your thoughts are the key factor as to whether you embrace the change and move forward with optimism or allow the changes to propel you in to a state of hopelessness.

I often speak to groups on how to embrace change in the workplace. Many times, within each audience the members pretty much have the same educational background, the same or similar job description and the same or similar responsibilities. Everyone is experiencing the same changes that are taking place within the organization and yet I know for a fact even after they've heard my program that some, hopefully most will move forward with enthusiasm and positive energy. They will also achieve great success and enjoy themselves during the process; while others will merely go through the motions because they have to. They will complain along the way and have great difficulty making their lives work. And some will become emotionally mentally paralyzed and unable to escape the grasp of fear.

Why is this so? Why is it that some will move forward and even become empowered as a result of the change; while others will have great difficulty to the point of feeling victimized. I'll tell you why. It's because of what each individual is thinking and saying to themselves.

Some will instantly and continually ask themselves empowering questions and declare empowering statements that will lead to brighter alternatives, such as:

What makes the situation positive?

What are my assets?

This change will force me to learn and that can only make me stronger.

I will make the best of it and enjoy myself along the way

This is an opportunity for me to grow.

While others will fall prey to the repetitious voice in their heads that never shut up; that voice is the flow of compulsive fear based thoughts that usually come from past experiences that never worked out. Here we go again:

Why is this happening to me?

Why can't I ever get a break?

I will never be able to handle this.

What's the use, no one cares anyway.

When your thoughts are expressed in words, you increase their energy and intensify the effect they have in your life.

The act of positive self talk will not only strengthen your character but also your boost your spirit. It is beneficial for you to ask yourself what good can come out of even the most challenging situation no matter how bleak it may seem. It will be difficult, if not impossible for you to seek opportunity if you are consumed with thoughts of fear, anger, and self doubt.

Asking yourself empowering questions and declaring empowering statements help you to rebuild on a foundation of hope. Remember, it's not the change that takes place in your life that causes you to be consumed by fear. Rather, it's how you perceive the change that makes the difference. If what you think is what you get, then you need to create a thinking system that will lead you take action that will be advantageous in spite of the situation.

Your perception of yourself and this changing world around you are key factors to your success and happiness. If you think you are weak, inadequate or feel victimized then the energy you send out will mirror those thoughts. It will be difficult to succeed and be happy when harboring such thoughts.

If you believe you are powerful and view life as a never-ending learning experience filled with choices – you – will formulate within yourself a sense of hope. Then the energy you send out will mirror those thoughts, enabling you to lead a more fulfilling life.

HIGH POINTS TO REMEMBER

- ❖ Regardless of the changes that take place in your place in your life you must know without a doubt that its not the change in and of itself that determines your fate, but rather it's the thoughts you have about the change that really makes the difference.
- ❖ If what you think is what you get, then you need to create a thinking system that will lead you take action that will be advantageous in spite of the situation.
- ❖ The act of positive self talk will not only strengthen your character but also your boost your spirit.

For over 15 years **Steve Rizzo** has been on a mission to help people learn how to be happy and successful no matter what their current circumstances might be. Steve Rizzo is the author of the critically acclaimed book, *Becoming A Humor Being* and the creator of the nationally known PBS special by the same name. Look for Steve's latest project, *Rizzo's Heroes, Sincere Secrets of Success* at a book store near you!