

7 Steps To Embracing Big Life Change

If you're coming across a big life change, don't panic. Use this 7 steps guide to take you from fear to fearless.

1. Take a deep breath. Always start here. Notice that your breathing is actually changing your physiology. If you shallow breathe, which happens when we're in fear or upset, our body responds by getting tense and the chaos inside us grows. Take three, long slow deep breaths and as you notice how your body starts to calm, move onto step 2.

2. Affirm that change is inevitable. Life is always changing and if we're not changing with it, we're slowly rotting away. Change happens, whether we resist it or not and if you're fearing the change that's about to happen, you're wasting your energy. The wheels for that change have long been in motion; it can't be stopped. And that's ok. Because this is what life is. This is what life has always been. Know that change is as much part of life as breathing. You can do this. You've always done it, you've been dealing with change your whole life, and so far you're ok.

3. Identify the change without the story. If your relationship has ended for example then just notice the change as an event without the story. Relationships end. Yes some last for longer than others but eventually even those will change, eventually we will all pass on. And let's be honest, just because some people have stayed together their whole lives doesn't mean they've been happy.

Many people have sacrificed their happiness for fear of leaving a relationship. And you can bet that their biggest regret on their death bed will be for what could've been, had they had the courage to move on.

If the relationship is over, the change is simply that you're no longer in it. Now take another deep breath and move onto step 4.

4. Let go of the need to imagine a false future. The future isn't real because it hasn't happened yet. And you don't need to be fretting over what's not real. You're wasting time and energy that can be better used towards creating a better future for yourself. So stop for a second and recognise that what you're worrying about isn't real. That's right. It's imagined. Could it happen? Maybe, anything's possible, but that means that the opposite of what you're imaging could happen too!

5. Following on from step 5 get PRESENT. This moment and this moment only is what matters. So in this moment just notice how OK you are. Your heart's beating; you're still here, on solid ground. Nothing has happened that you aren't handling.

In the absence of the story you created around change all there is a change that you can't stop and you don't need to. Right now you're ok. And if you're thinking "but I have to worry about the future because I have to make things happen." You're right you do have to make things happen, but you do that in the NOW. Now is where things happen. And if you're off worrying and fretting then you're simply creating future now moments based on what you're thinking and feeling now. And you don't want more worry and suffering, right?

So get present. Follow your breath, calm yourself down, ground yourself into the moment, be mindful of what you can hear and see around you, just in this moment and move onto step 6.

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6. See what this change holds FOR you. Ok so it's coming and you're ok with that. Your breathing is steady and your body is calm, and you're present. Now, let's imagine what this change actually has FOR you. What are the possibilities? Could being single be good for you? What are the things you've wanted to do but couldn't? Without the stress of a failing relationship how could you start to work on yourself and really get to know who you are and what you really want. Without feeling unheard, unappreciated, and living in fear of being alone, could you actually thrive? And when you're thriving, how magnetic could you be to the kind of partner who will appreciate all the things about you that your last partner took for granted?

If you're struggling to believe it, it's ok. I'm not asking you to believe it, just imagine it. You can do that can't you? You've already been imagining the future for long enough only the bad stuff. So you can do the same with the good stuff, right?

Action - Make a list of all the positives that can come out of this change.

7. Lean into trust and open your eyes to the bigger picture. Yes, I know it can be overwhelming feeling like you don't know your arse from your elbow. Trust me I've had more major life changes than most people I know, but what of it? We get through it and if we know how we get through it well.

We're here with a purpose. There's a reason for our existence and its not to stay tied to things in our life that have already began moving out of our experience. It's our resistance that's creating the fear in the first place.

Nothing stays the same, and there's a good reason for that. We're here on a mission to learn and grow and non-attachment is one of those lessons. We keep getting the chance to learn over and over until we learn it and when we do something miraculous happens. The fear dissolves and the lesson stops repeating.

We stop losing in love, we find the stability and security we seek and we live life open and fearless knowing that no matter what we can always bend. We can always trust ourselves and the Universe to guide us where we need to be.

Away from what isn't for us and towards what is.

We can either live life afraid of change or we can learn to allow it and see the growth and learning from this that will lead us to something better.

So when change is coming use these steps to take you from fear to fearless. The more you practice the better you'll be, and the less stressful change will be. Without your resistance, life just happens and it flows. And change will be a normal part of that flow.