

Does Change Disempower You Or Empower You?

THERE IS A 4CS guide to buying diamonds; there are 4Cs to learning skills. Similarly, there are 4Cs to change.

This pandemic has taught us that change is the only permanent thing; everything else changes. The million-dollar question is: can you steer that change to your benefit?

You can live fearfully of the unknown change coming into your life, or you can live with more awareness of how to cope with it. You can steer and channel every change to bring out your best version.

The first most crucial step to consciously supporting change is to *commit* to know yourself. Be your best friend and get to know your needs, desires and dreams with honesty. If you are looking for that friend outside of you to come and support you sincerely, you will get disappointed.

You may get lucky to find a handful of good friends, but you cannot build it with others unless you know how to build a deeper relationship with yourself. You have to know what you wish to change, when the storm hits you and which muscles need strengthening.



IF YOU HAVE CONSCIOUSLY WORKED ON YOUR 4CS OF CHANGE, YOU WILL EMPOWER YOURSELF THROUGH ANY TRANSITION AND USE IT NOT ONLY TO YOUR BENEFIT BUT ALSO FOR OTHERS

Once you know what you wish to change, you have to *communicate* it properly. Often, you find yourself reacting to situations by feeling out of control. You can avoid such occurrences once you understand your inner reaction and express it among your close ones. When you share your feelings

and value them, your loved ones will understand and find solutions for that change. They support your transition and facilitate your desire to shift from your current status. Remember you do not become selfish by looking after yourself, in fact you choose to take responsibility for yourself.

Clean your current space. Just as you clean your home or workspace by moving objects to create change, you have to do the same within yourself. Check all the people, emotions, toxicity, and thoughts that occupy your space. Clean up by shifting their position. You definitely will require to realign relationships in your life, cut off from some and reposition some. Unless you create your boundaries with a firm conviction to change for your larger benefit, it will not happen. Polite yet firm is a skill that needs to be consciously practised.

Setting boundaries requires boldness. That brings us to the fourth C, *courage*. When you embrace courage to change, you will consciously choose wisely and respond to external situations by choice. Or else you will react, thereby losing control, stability, and confidence.

If you have consciously worked on your 4Cs of change, you will empower yourself through any transition and use it not only to your benefit but also for others. Your relationships will be harmonious because you will choose

inner harmony. You will become a conduit of change and flow with the waves rather than struggle against them.

Every second we have a choice, the quality of our 4Cs determine our ability to choose. **BW**

The writer is an author and Inner Growth Mentor