



CHANGE FOR THE BETTER

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In this yuletide season that we are now in, it will just be a matter of days till the year ends. To be exact, we only have 8 days countdown until another year transpires. It is also during the New Year that ...we think of having a change or changes in our life to become a better person. Whatever situations we are in like dealing with difficult relationships, constantly having personal growth, or finding happiness in this corrupt and ever changing world that we are in, what can be more important than to gain control over your personal life! We can take this first step to change for the better! Each and everyone would definitely want to set his goals for the attainment of a dream come true! Problems come our way and we would want to solve each one of them and to reclaim our lives.

We all experience change; the baby will grow up to be a cute child and then grow up to become a man or a woman. The course of the wind changes and so do the course of rivers change across the centuries! Even the shapes of the mountains do change. Everything on earth changes! Nothing in this world is stagnant because anything under the sun is liable to change but there are times that we do not accept it easily. We all agree that there was a time in the past that we have been a short-tempered, unreasonable person and even a nagging spouse. All of these are indications that in one way or another we carried a baggage along the way that made us feel we are the worst person on earth. Due to some unavoidable circumstances, we create a little monster inside of us and few people can see right through it.

So there is still hope somewhere for we are well aware of what we have become. It follows then that if we can change for the worse, we can also have the ability to change for the better. We can change for the better if we do not shatter ourselves from the people who give us their feedback from well-intentioned sources. Do you want to harness the positives or the advantages of change? Then we have to be open and listen to the criticisms from the people around us. Let us be honest to ourselves and be aware of our deficiencies. Afterwards, we have to act on their feedback even how grave it would be. Detach yourself away from the problem; choose an approach that you prefer and the best of all is to know your problem first. Know the root of the problem to take out the cause and change for the better.

We have the power to change ourselves and if you do not like the person that you are now, then become the person that you want yourself to be. If you believe on something, then you can do it! Even if all the circumstances does not allow you to create the best of you and become a better person, the time to do make a change is now! Think positive and eradicate those negative vibes that are in you. Hope for the best and that outcome will hold true for you. There is nothing to lose but everything to gain. Let us welcome 2012 with a great hope and a great change for the betterment of our lives!

Questions for discussion:

1. What is the worst thing that happened in your life that you think you cannot change at all?
2. Can change be radical?
3. Do we entertain criticisms constructively? How?
4. Do you like the person that you are right now? Why or why not?
5. By what means can you best eradicate pessimism to become an optimistic person?