

Frequently Asked Questions About Growth & Change



"Life is about growth and change.
When you are no longer doing that that is a whisper. It's time to move on."
—Oprah Winfrey

Question: How does one know if he/she needs to change?

Answer: When the internal voice begins to speak and convict you about being a better you. When you know that the things you say and do no longer reflect who you desire to be. When those who love you and want the best for you begin to express their concern about the way you behave or carry yourself. When God has said via the clearest and loudest sign He can give that He has had enough of your foolishness—it is time to change.

Question: Why is growth and change so difficult?

Answer: Often times as human beings we develop a routine relative to what we do and how we do it. Over time, the routine that we have developed becomes apart of us. In many respects, it even defines us. Therefore, entertaining the notion of doing things different—even if it's for our greater good—challenges just about every fiber of our being. At the end of the day, growth and change are difficult because they require us to respond, show up, and betray that which we know as our beloved familiar.

Question: What are the steps one should take when you know you need to change, but are afraid to?

Answer: First, definitively make the decision...no wavering, no looking back. Second, find your way to that one someone who will be there to support you all the way. Third, surround yourself with books, articles, affirmations that celebrate and applaud changed lives. Fourth, know in your mind, heart, soul, spirit, and being that God is able. When the voice of doubt speaks. When you feel alone. When you think about turning back because the path to growth and change is too demanding—*know* that God is able and He will sustain you through your change process.

Question: What is the best way to handle people who either discourage you when you're on the path to growth, or people who constantly doubt that you can change?

Answer: The best way to handle such people is to ignore them and not take their pessimism personal. While it is indeed hard to not take ugly, mean spirited words of discouragement personal, you must understand that sometimes people just do not believe. They don't believe in themselves. They don't believe in others. And as a result, they do and say things that reveal their intimidation. More importantly, taking the focus off of others, ask God for continued strength to do what *you know* you have to do despite the opposition. Remember, changing and growing is what you commit to doing for yourself, and the fact that others may not be able to appreciate it is their loss.

Question: What is the biggest benefit for the person who surrenders to growth and change?

Answer: The biggest benefit for the person who surrenders to growth and change is a better life; a new you; an opportunity to step into your life's assignment and show God how thankful you are to have been chosen to do something amazing in the world.

Question: Does the idea of growing ever get easier?

Answer: The short answer is NO. The extended answer is although growing does not necessarily get easier, as we get older and wiser, we do develop a greater appreciation for why growing is important. With the presence of a greater appreciation also comes less resistance to the growth process.

It is our hope that you will find the answers provided helpful as you endeavor to grow into your greatest self. Remember to daily wake up with a determination to be better. Remember to release those thoughts, things, and people that are in direct conflict to the change you desire to see in your life. And finally, remember that you are worth it. You are worth the work. You are worth the tears. You are worth the blessings. You are worth everything that shall come into your life as a reward for choosing to be good to yourself.