

# EMBRACE CHANGE



Your role as a carer is constantly changing and evolving through lots of different factors:

Your young people change as they work on navigating through their previous experiences alongside dealing with hormones, peer pressure and everyday pressures.

You, yourself change as your knowledge and experience grow, relationships come and go and you encounter all the normal effects of aging.

Throw societal changes and constantly evolving technology into the mix and you can understand why some people find change uncomfortable ... and even at times a little scary!

Embracing change means accepting that you can't keep everything under control. As frightening as this thought is, it's also very liberating. In fact, embracing change is key to your growth as an individual and highly affects your overall success and happiness.

## GOOD NEWS!

As you're actively working on developing a Growth Mindset you're already on the road. Facing change becomes so much easier when you think in terms of growth and learning instead of seeing your identity as a rigid, unchangeable set of traits and skills.

Adopting a growth mindset can help you become a person who is ready to embrace change and life challenges. When you look at life from the perspective of growth, you'll see that changes are major opportunities, not obstacles.

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If 'embracing change' is something you'd like to explore more for yourself, try these journaling exercises.

