



MVS: Implement Changes Fast

Title

Implement Changes Fast - Waiting is Not an Option

Description

""Stress doesn't come from hard work. Stress comes primarily from not taking action over something that you can have some control over"" - J. Bezos

We've all been there—**feeling stuck** in a job that's unfulfilling, staying in a relationship that's not working, or living in a city that no longer feels like home. Often, **we know deep down what needs to change**, but we hesitate. We **wait, hoping** for a sign, a moment of clarity, or for things to improve on their own. But more often than not, waiting only leads to **more frustration** and **wasted time**.

Knowing exactly what you need to change and still relying passively on hope while wasting time **is foolish** Mr./Mrs. Couch Potato.

Delaying change can have consequences on your mental health and overall well-being. When people delay important decisions, they often experience increased **anxiety, stress**, and a sense of being **overwhelmed**. This is because the longer you wait, **the more**

daunting the change can feel, and **the more entrenched you become** in your current situation .

Our brains are wired to resist change due to the **fear of the unknown**. However, once a decision is made and **action is taken**, the brain quickly adapts to the new situation, often leading to a sense of **relief** and **empowerment** . This concept, known as "*decisional closure*," indicates that swift decision-making can reduce anxiety and improve mental health.

You need to understand that **you can act more quickly than you think**. Do not lie to yourself. **Scrutinize your thoughts** carefully, identify and crush those lies.

Implementing change fast is crucial because of several reasons:

- **Avoiding Regret:** The longer you wait to make a necessary change, the more likely you are to regret the time wasted. This **regret can be even more painful than the discomfort of making the change** in the first place.
- **Gaining Momentum:** When you make a decision quickly and act on it, you build momentum. This forward motion often leads to more positive changes and opportunities. Furthermore **you respect yourself more** because you **acted accordingly to your inner purpose and direction**.
- **Reducing Stress:** As mentioned, **the anticipation of change is often more stressful than the change itself**. By acting quickly, you can reduce this period of stress and start reaping the benefits sooner.
- **Enhancing Growth:** Rapid change forces you to **adapt and grow**. It challenges you to develop new skills, perspectives, and coping mechanisms, which can lead to personal and professional growth.

Remember, **change doesn't get easier the longer you wait**. In fact, it often becomes more difficult and more stressful. By implementing changes quickly, you can avoid years of frustration and regret.

Life is too short to stay stuck in situations that no longer serve you.

Trust your instincts and **take action** dear Mrs./Mr. Couch Potato.

Tasks

Implementing big changes can be daunting, but here are some strategies to make the process smoother.

1. Set Clear Goals

Define what you want to achieve with the change. Whether it's moving to a new country, changing jobs, or starting a family, having a **clear vision** will guide your decisions. Choose **easy**, **medium** and **hard** changes in different areas of life that you've been avoiding. Write them down.

2. Break it Down

Break down the change into smaller, manageable steps. Think of the **first three actionable steps you can take**. For example, if you're planning to move abroad, start by researching potential locations, then move on to finding a job, and finally, handle the logistics of the move. If it's changing jobs, your steps might be updating your LinkedIn profile, reaching out to recruiters, and applying to three new positions.

3. Visualize the Outcome

Again use your mind power. **Imagine yourself going through the different stages of change**, with all the emotions and sensations associated with them. Then, visualize your state of mind **after implementing those changes**. This simple visualization exercise already allows you to understand the effect of the change on yourself and on your life.

4. Take Immediate Action

Once you've made the decision, **take immediate action within 24 hours, even if it's small**. This could be as simple as updating your resume, contacting a real estate agent, or having that difficult

conversation. Immediate action is key to **breaking the cycle of procrastination**.

Once you've completed the first steps, plan the next phase of your change. **Keep the momentum going.**

5. Embrace the Discomfort

Change is **uncomfortable**, but that's **where growth happens**. Embrace the discomfort as a sign that you're moving in the right direction.

6. Use your Network

If you have a **quality** network, ask them for advice and **critically analyze** their observations/suggestions (at the end your life is your).

Wait is not an option. Time is not waiting for any of us.

Duration

Like the other topics in the newsletter, this too can be considered a lifelong task—something you should incorporate into your life. The bare minimum duration is the time required to implement 3 easy changes, 2 medium changes, and 1 hard change.

Expected Results

- You have realized that you can make changes to your life **more quickly** than you thought.
- You have **taken action**, performing targeted steps to implement changes that you have always **avoided** or **postponed** until now.
- You feel more **agile** when changes arise.
- You feel more **confident** because you know that **your current state is neither permanent nor unchangeable**; it **depends on you** and your ability to identify the elements to change and act accordingly.

For any feedback, criticism, suggestions, chat:
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