**How to Embrace Change Rather Than Fear it**

Your boss announces that he's going to introduce a new project management software system that will integrate all team tasks and projects. Everyone is expected to use the new program in order to streamline and better organize workflow. But instead of feeling excited and eager to jump in, you feel scared. You were doing just fine with your old tools and systems.

Your reaction is typical of people who fear change. Change means the unknown and the unknown means risk and the possibility of failure and loss. We prefer the comfort and safety of the status quo, even if change will be beneficial to us in the long run.

But change is inevitable. We can resist it and struggle against it but it’s a futile battle. The laws of nature and the natural cycle of life dictate that nothing stays the same. So, wouldn't it be better for you to overcome your fear of change and learn to embrace it instead? This is the mindset of all successful people.

Overcoming your fear of change is as easy as the following steps:

* **Try new things**

Learning to enjoy totally new experiences is the best way to realize that the unknown can be fun and beneficial. There's a wealth of experiences and activities to be enjoyed in life, and they never run out.

Travel is typically the best way to experience new cultures, cuisines and meet new people. Even traveling locally to places you've never been or going to ethnic restaurants can be thoroughly enjoyable Taking classes in activities that you've never considered before nay cone as a pleasant surprise as well. You might discover that you have an untapped passion for tap dancing, martial arts or knitting!

Make a list of interesting places you'd like to visit and new things you've never tried, and do as many of them as you can one after the other. Over time, your fear of change will turn into excitement because you know that new things can be fun and useful.

* **Never stop learning**

Personal growth is another way to overcome the fear of change because it changes you for the better! Again, look for new learning experiences that will resonate with you and ignite your passion. Learn a new language or learn how to play a musical instrument, hone your tech skills or learn how to improve your communication skills.

As your continued personal growth changes you from within, you'll gradually learn to embrace change that comes from outside. You'll see it as another opportunity for personal growth and improvement.

* **Play with children**

Kids are totally unafraid of the unknown. In fact, they're absolutely driven to explore it and immerse themselves in it. For children, life is an exciting adventure to be explored and embraced; and the more mysterious, the better!

Playing with children and observing how they interact with the world around them will reignite your childish curiosity. Seeing the world through their eyes helps you embrace change because it holds amazing opportunities for learning and exploration.

* **Unleash your creativity**

Our hectic, routine lifestyles often stifle our creativity and as a result, our ability to thin out of the box. The more creative you are, the easier it is for you to feel comfortable outside of your comfort zone.

Look for ways to regain your creativity and unleash your imagination. Take up dancing, singing, drawing or crafts to start overcoming your fear of change. Even finding new innovative ways to prepare meals or do mundane tasks is a form of creativity.

As you consistently practice being creative, you begin to become excited by change because it offers you interesting ways to engage and deal with it creatively.

* **Don’t run from uncomfortable situations**

We often avoid uncomfortable situations because we're not sure how to react or what the outcome will be. The next time you're in an uncomfortable situation, stick it out! If two colleagues get into a heated argument, jump in and try to settle it. If you're asked to fill in for a sick colleague and give a presentation, accept the offer even though you hate speaking in public.

In a nutshell, dealing with uncomfortable situations helps you become more comfortable with change – because change in essence is an uncomfortable situation.

* **Reframe your perspective**

Train your brain to process change differently. Rather than mentally list all the negatives that come out of it, quell your fears by reflecting on the positives.

For example, a new software solution at your office may start you thinking, "Oh no, this is going to take time to learn and everyone, including, myself, is going to mess things up. It’s going to do more harm than good. I'll never get the hang of it."

Instead, you should think, "Wow, this could save a lot of time and really up my efficiency. I'm looking forward to mastering it." Learn to see the positives in change (and there almost always is a positive side) and you'll get used to embracing rather than rejecting it.

**Conclusion**

The fear of change could be holding you back from achieving real success. This s why all highly successful people and great leaders are embrace change rather than fear it. Change is exciting and motivating if you learn to look at it with the right perspective.

Confront and overcome your fear of change with these simple strategies because they'll change you from the inside out. You know that change is a fact of life. Make it work for you rather than against you!