

# 10 Signs It's Time to Make a Change!



*Here are some signs to watch for.*

## **1. When you idealize the past to escape the present.**

Do you yearn for the past? Do you think more about what used to be than what could be?

## **2. When you try to avoid unexpected opportunities out of fear of the unknown, or what others will say.**

Do you hold onto what isn't working, worried about the possibility of failing something new or concerned other people won't approve?

## **3. When you feel numb.**

Are you disengaged from your life, just going through the motions?

## **4. When you've lost all passion for your current situation.**

Are you feeling restlessly bored with the places, hobbies, and people that once brought you joy?

## **5. When you start to lie to yourself and others to avoid the truth.**

What are you running away from and don't want to admit?

## **6. When your actions don't align with your values.**

At the end of the day, do you feel the actions you've taken are connected to your core values?

## **7. When your relationships feel superficial.**

Do you have friendships that seem like they're no longer worth the energy? Are you giving more to your friendships than you receive in return?

## **8. When you feel disenchanting with life.**

Are you feeling stuck and wonder if this is all there is to life? Has it been a long time since you made a new friend or picked up a new interest?

## **9. When you sense you are settling.**

Are you settling for being unhappy and unfulfilled in life, ignoring your own desires and belief in your wellbeing? Do you feel paralyzed to make changes?

## **10. When your mind drifts to better ways of being.**

Is your heart pulling you in a new direction you're trying hard to ignore? Are you stuck in trying to determine your life purpose?

*Which of these signs are showing up in your life right now?*

"We can't be afraid of change. You may feel very secure in the pond that you are in, but if you never venture out of it, you will never know that there is such a thing as an ocean, a sea." -- Joy Bell C.

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