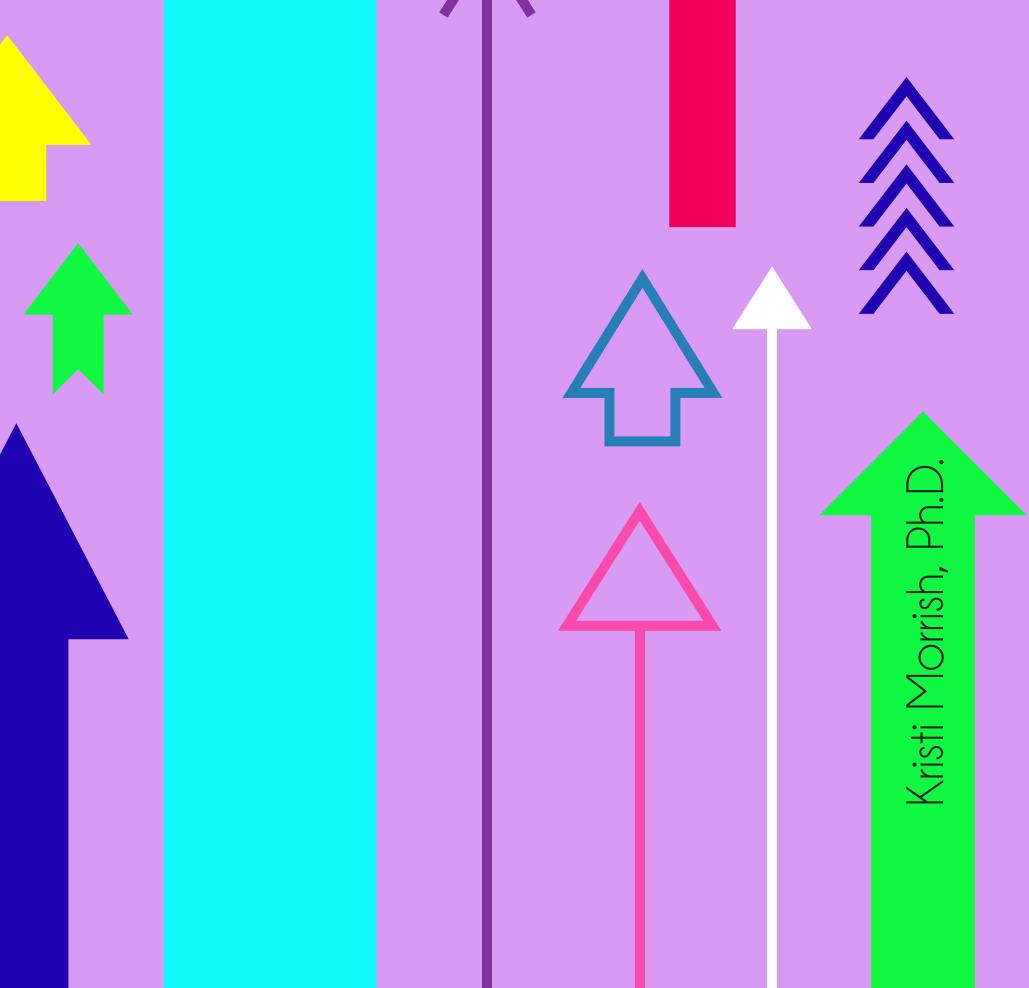


# The Side of Change

UP

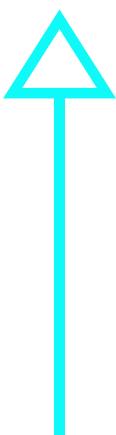
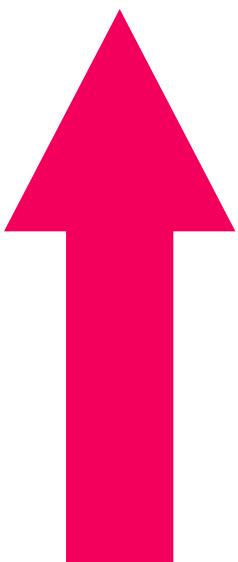






# The UpSide of Change

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# Scary

Whether I'm in it or I know it's coming,

cHaNGe

can be scary.

Whether I create it or it comes to me,

cHaNGe

can be scary.

Whether I'm in pain or in love or both,

cHaNGe

can be scary.

Whether it's me or someone I know

cHaNGe

can be scary.

How do I get past the scariness

to reach a place of peace?

Embrace the cHaNGe. Make it my friend.

And what I learn, I teach.

# Choosing Change

Just when my life is moving smoothly,  
when all is right with my world

I get a glimpse of impending change  
I'm not sure I want to see.

I really don't think I chose this change,  
it feels like it's choosing me.

I know I will grow as things unfold,  
as the change becomes more clear.

I need to be kind to myself now,  
let go of sadness or fear.

Trusting I'm ready for what comes next,  
being open to what occurs.

# Defenselessness

When change happens, how do you react?

Withdraw? Leap forward? Defend? Attack?

It depends, you say, on what, whom and where.

Use change as learning and none of that matters.

Change is the catalyst to learn and embrace  
defenselessness in all that you face.

# Been There, Done That

“We tried that change once, it didn’t go well.  
Just saying...it’s been done and will probably fail.”

What if we change how we look at the past?  
It was merely a learning not a failing that lasts.

We can use the rich past to try a new change.  
And use this new change to enrich change again.

We will always hear “Been There, Done That Before”  
Try: “Been There, Done That - Enables More.”

# Moments in Change

There are moments in change  
when I see the UP Side.

If that's what I look for,  
it can be what I find.

Today is my challenge.  
Tomorrow my task,

To list all the good things  
that change the past.

Moments of sadness,  
Moments of pain,  
Moments of relief,  
before happiness reigns.

I'm allowing my feelings  
to come up when they may.

It's a journey of moments  
on my changing pathway.

# Leaping Past Stuck

I'm feeling stuck.

My feet are in clay.

Is this who I am?

Is it just today?

I have to ask,

“Self, what will it be?”

Another stuck day?

Or try a “new me?”

I change my mind.

I'll move my feet.

One step at a time

is a giant leap

Toward getting unstuck

And trying a “new me!”

# Loss and Gain of Change

Change begins as a LOSS.

It continues as a GAIN,

AGAIN and AGAIN and AGAIN...

# Status Quo

Changes rock my comfort zone.  
I like status quo.

I need to change my self-talk  
replace “STOP!” with “GO!”

If I embrace these changes,  
will they get me past my past?

What if they don’t work for me?  
How can I go back?

I know my hesitation  
comes from a place of fear.

When I face the unknowns,  
I’ll find the UP sides here.

# Changing Your Mind

Life is mostly speedy.

You choose your own fast pace.

You fill your days with busy-ness.

You race to fill each space.

Pause. Inhale. Step aside.

Breathe yourself into glide.

Empty space is OK.

Leave room for surprises.

Life unfolds. You unwind.

Take time to change your mind.

# One Step at a Time, Over and Over and Over

I'm glad I took that scary step  
It pushed me past my fear.

I'll need to take that step again  
Until fear disappears.

When I think "one step at a time"  
The size can always vary.

One step forward or one step back  
Direction doesn't matter.

It's moving my feet, taking steps  
Over and over and over.

## A Reminder to Self

Sometimes I can't control CHANGE,  
but I can choose my responses to it...  
again and again.

Looking at CHANGE differently,  
is one way I can begin to see  
a big change in me.

# Imagine!

Look at change through a new lens.

Step inside your imagination.

Let your thoughts float to pretend.

Change is bringing an end to an end.

NOW is your time to begin again.

Create new thoughts...a new view of you.

You're on an adventure – not even you knew!

# When, How, and Why?

When does a change change me?

When I embrace it.

How does a change change me?

I see and feel it.

Why does a change change me?

I'm open to it.

How do I maintain change?

I reinforce it.

When does a change change me?

When I become it.

# Reinventing Yourself

Wondering, Pondering,  
Lingering, Wandering,

All part of slowing the pace.

Breathing, Releasing,  
Unleashing, Relieving,

All part of creating more space.

Reinventing, Rediscovering,  
Reminding, Rewinding,

All part of beginning anew.

Opening, Revealing,  
Stretching, Reaching,

All part of being a New You!





# About the Author

Kristi Morrish is passionate about helping people discover their strengths and find positivity even in challenging situations. She spent more than twenty-five years as a leadership development consultant, manager, and coach in the public and private sectors.



Kristi's published book topics, part of The UpSide series, include living positively with diabetes, and finding positivity in conflict, change, loss, aging, limits, uncertainty, healing, and listening. They are designed for anyone wanting "a little lift."

Kristi lives in Lacey, WA with her husband Mike and enjoys swimming, hiking, and snow. She holds a Ph.D. in Nutrition Education, M.Ed. in Counseling & Guidance, BA in Human Nutrition, and BS in Physical Education.

