

Making Adjustments

Adjustments are never easy. But the good news is; we will get through this together.

The first thing you want to look at when adjusting, is why are you doing it? Relocation, new jobs, new relationships, death, family, fear, love. These are some of the few things that we experience and will challenge us. The thought of change, ohhhhhh the chaos. It disrupts our routine and rattles our emotions.

First, identify “Why” you are adjusting. After that, use some of these tips to guide you:

1. Identify if the outcome is positive or negative and if you're ready for it.
2. Change is not all bad. Change will continue to happen and is needed.
3. Be patient. It takes time for some change to be effective. Embrace change.
4. If at first, you don't succeed try, try, again. What could you have done differently?
5. What works for someone else may not work for you.
6. Be open to the possibilities

Reflect on some of the adjustments you have made in life. See where you can make the necessary adjustments to be happier. Was the adjustment effective and did it lead to self-fulfillment? Did it lead to more frustration and Anger?

As Mike Tyson once said, “Everybody has a plan until you get hit.” Well, this is true in life. Life sends hard hits all the time, and your once perfect plan is now no more. What do you do? You pick yourself up

and move forward and plan again. You can adapt to adjusting and it may be difficult in the beginning, but there is peace in the long run.

We adjust every day, and we don't realize it. Take a minute and put yourself in these situations. What do you do and why?

Why don't you leave your job when your boss shouts and insults you?

Because you are getting a salary that finances your life

- **Why do you avoid potholes and damaged roads?**

To avoid damaging your car or hurting yourself

- **Why do you stay late at work when your boss asks you?**

Because you feel you have no choice or you want to make a good impression.

- **Why do people prepare a plan for an earthquake or natural disaster?**

Because you want to protect your yourself, home, and family

- **Why do you change your wardrobe according to the weather?**

Because you know that you cannot change the weather, you have no control over it.

- **Why do people change when they live with someone for the first time.**

Because they are sharing a space and finding out new things about them

There are several instances where an adjustment is made. It seems to be easier to adjust when we are aware of what will and can happen. In the same way, we adapt to circumstances to avoid confrontation when we are aware of the outcome. If this can happen with everything we do knowingly and unknowingly, then it can enable us to live a healthy well-balanced peaceful life.

For instance, you should put yourself in another person's shoes before complaining, if they are asking you to see their viewpoint. Learn the power of positive thinking. "One day I was working for a woman who I felt was never satisfied with my work because she didn't compliment me as much as I would like. So, I doubted myself and criticized my work. Soon it became frustrating and almost drove me to quit. I adjusted my mind that she has high expectations for me and if I weren't doing well, she would let me know. I asked more questions, put things in writing and checked in. Not only did I adjust I had positive thinking." And I found out she was confident in my work and felt comfortable with my decisions.

You do yourself a disservice when your thoughts or wrong and harmful. YOU MUST CHECK THEM AT THE DOOR. Make a comparison to confirm what is right and wrong in your situation.

There are situations where you feel you don't need to adjust because you are correct or always making the adjustments. In these challenges talk yourself through by remembering the benefits and that your positivity will not go unnoticed. Even when adjusting to those you do not get along with. Cultivate energy to adjust the same way you would

with people you get along with. Being able to adjust is a strength we can all learn.

Contact BalanceNrenew for help learning how to adjust.

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When you fail to adjust in life, there are no winners. Get the tools to:

1. Adjust to stressful jobs
2. Adjust with your spouse, partner for a healthy relationship
3. Adjust for a better relationship with kids
4. Adjust for complex/split homes, blended families.
5. Adjust everywhere for peace of mind

Remember all adjustments should be made to improve situations and circumstances. Never adjust your life to fulfill negativity or for something that may hurt you or someone else.

So, I leave you with two things;

1. “Ask your self did your week go as planned and if not, what can you do differently next week? And what adjustments worked and did not work?”
2. *“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”—Harriet Tubman*

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