

Risk and change: Bring 'em on!



Life is full of risk and change. It's not just skydivers and bungee jumpers who take risks. It's also ordinary people who tackle new jobs, move to new places, get married, have children and take on other common — but challenging — changes.

Change can be scary

It's hard to step into the unknown for many reasons, including:

- Uncertainty
- Lack of information
- Fear of making a mistake, getting hurt or suffering loss

Change can also be rewarding

The flip side of the coin is that risk can be fulfilling.

- Taking reasonable risks builds self-assurance. What is reasonable risk? It's a risk you decide to take when you believe the possible benefits outweigh the possible dangers of your actions.
- Trying is more important than succeeding. For every reasonable risk you take, you're more prepared to take another. This path leads to new learning, growth and confidence.

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Ever wish you could avoid change altogether?

If you never went outside your comfort zone, your life would be limited. You could miss out on exciting opportunities and chances to build new skills. You could get to a point of boredom and burnout. In short, it may be risky to avoid risk.

Look for the positive

When faced with a choice about a new job, relationship or any new experience, consider how the change might improve your life. Take steps to assess the situation and prepare for what lies ahead.

- Talk to others to get information and support
- Decide whether the pay off justifies the risk
- Think of ways to get ready for the change

Finally, remember the old saying: "Nothing ventured, nothing gained."

While change can be scary, every change is also an opportunity.