

What is Real Change

Modern society has some very interesting quirks. These are things that we do that may make sense to someone living in this society, but it would appear strange and illogical to someone who was from another culture or time period. One of these areas is on personal improvement.

We buy self-improvement training programs to become a better sales person, husband, wife, student, etc. We pay a personal trainer to make sure we exercise our bodies properly. We pay a dietitian or a cook to make sure that we eat healthy meals. We pay psychiatrists or psychologists to deal with our phobias. The list is endless. We spend tons of money paying other people to deal with our problems. There is a multi-billion dollars industry build around servicing this need.

What we are really doing is throwing money at our problems in the hopes that they will go away. We pay other people to be responsible for our actions because we don't want to be responsible for ourselves. We don't want to really change. We pay someone or something in order to try and convince ourselves that the solutions to all of our problems are somewhere *out there*, so we don't have to look inside of ourselves to see the truth. In the end, it won't work and it's doom to failure.

If we are serious about change, then we must take responsibility for it because all the change is happening inside of us. Taking responsibility means doing all the things that are required and necessary to lead a healthy life and to create the experiences that we wish to have.

If we truly want to change our life experiences, we must be willing to do whatever it takes to change. This includes taking responsibility for our own lives. True change begins within ourselves and it doesn't require that you spend any money. Just your dedication, commitment and willingness to change.

Are you committed to real change?