

Huffington

Change: All in How You Look at It.

Change is upon us. Perpetually. Life is change. No question about it.

So what is the issue? Why do so many people fear change and struggle so mightily with it? Why do we obsess about it? Amazon today revealed 167,603 book titles in a search for “change.” We have seen people overwhelmed at the prospect of a job change even before it is implemented.

So is change a relentless monster that chews its way through our lives, leaves our very comfortable status quo in tatters, and causes us disabling fear and stress?

Or is there another way to look at it and, perhaps, embrace it? What if change is a mighty force that breaks up the logjam and sweeps it away to make room for innovation and improvement?

“Hold on there,” you say. “Surely you are not so naïve as to believe that all change is good.”

Absolutely not. But change almost always offers the *potential* for improvement. And if you have the right attitude about it, are looking for an opportunity, and are savvy enough to lead the way -- tomorrow can be better.

Peter Drucker said, “The entrepreneur always searches for change, responds to it, and exploits it as an opportunity.”

What I fear more than change is the stagnation in the majority of the American workplace. The Gallup “State of the American Workplace” summarizes:

“Currently, 30% of the U.S. workforce is engaged in their work, and the ratio of engaged to actively disengaged employees is roughly 2-to-1, meaning that the vast majority of U.S. workers (70%) are not reaching their full potential — a problem that has significant implications for the economy and the individual performance of American companies.”

It seems that change is more than called for; it is screamed for and may arrive on a white stallion swinging a big club. Perhaps, as someone once said, “If you are through changing, you are through.”