

# So, Watcha Gunna Do 'Bout It?

By Barry Rice

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There may not be much you can actually do about changes that constantly go on about you. The economy changes, other people change, the weather changes, the political party 'in charge' changes, the seasons change, among others.

But, there is plenty you can do about how you can react to the changes. You DO have total control over that.

Nobody else has ever been, nor ever will be, in charge of your attitude. So, if your attitude is confident and positive, you deserve all the credit. On the other hand, if you react negatively to change that is out of your control, that's a choice you made – and you must be prepared to pay any consequences.

It won't do you, or those closest to you, any good if you go around distressed or unproductive about changes over which you have no control. You will be wasting mental and physical energy which could be directed toward positive, success-achieving activities in spite of the change. Being negative about changes out of your control can poison and cloud your judgment and probably delay your chances for success in the future.

Anger, resentment or frustrations about change offer no benefits to your future or living your definition of success.

So, look for the positive opportunity (your silver lining) in the change, and if the opportunity is not immediately obvious, keep on looking. If you still can't find opportunity, get busy and make your own in spite of change.

Now, celebrate and find the good in change and go grab yourself a whole bunch of sunrises of opportunity!

Barry Rice, speaker and consultant, is the author of Moving Forward Out Of The Fog, the self-paced, practical exercise-based course that guides you, step-by-step, to achieving, and living, YOUR definition of success. Subscribe to his challenging and inspiring newsletter at sunriseofopportunity@getresponse.com.

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