

butterfly, but rarely admit the changes it has gone through to achieve that beauty. For her, change is a positive. Others think that whilst some change is desirable, not everything *can* be changed. Denis Waitley is an American motivational speaker his strategy is to Change the changeable, accept the unchangeable, and remove yourself from the unacceptable Fear of change can lead us to be attracted to what we expect to see or what find usual many prefer things to be normal. Charles Addams, the cartoonist who invented the darkly brilliant Addams Normal is an illusion.
What is normal for the spider is chaos for the fly

Three qualities will steer you through the management of how to act and what to do in a changing world. The first is how hopeful you are, the second is your capacity to be at peace with yourself. The third quality emerges from these two

efforts and excellence of team delivery is well put by H E Luccock No one can whistle a symphony. It takes a whole orchestra to play it

Whatever you decide to do, however you manage the changes around you, whether you can go forward in hope and peace, remember these two final thoughts. The first is a reassurance. No matter how bad it looks right now, we all of us soon forget the things we worried about in the past.

worried about yesterday

Remember, today is the tomorrow you will pass tomorrow, and if not

tomorrow, soon. The secret is to keep going forward. And to be in the present this

moment now. Worries are usually located in the past or the future. Everything wonderful is in the here and now. I have a secret for you - you already have what you need.

A last thought from

The beginning is always today