



## Thirty Day Challenge 2009 – Mindset – Day 02

### 2009KM02: Embracing Change

Running Time: 3mins



### Intro

Hello, this is Karl Moore, and welcome to another video on the Human Mindset as part of the Thirty Day Challenge. Now, today I'd like to chat about CHANGE, and how you can embrace it.

### Dealing with Change

I don't know if you're anything like me, but if you are, you'll hate change. I remember starting work on a book all about Programming and it was programming in an early version of a certain language and they'd just come out with a new version and I really didn't want to change and I resisted like mad, but my publishers forced me into [updating] my knowledge and creating this new book and I'm amazingly glad that I did now, because it really helped my learning process.

But sometimes, that process of change can really unnerve you, and there's nowhere that you are going to find more change than in somewhere like the Thirty Day Challenge, with all of the new tools

# 30 Day Challenge

there is no charge for awesomeness



and technologies and tricks that you're going to have to use to update your knowledge and to really lead the market.

So today, I'd just like to assure you and remind you that everything is change - everything changes, and there's no way that you can stop that or control it. The only constant in the World is Change. And initially that seems a little weird and freaky, but you know, actually it's sort of reassuring that everything's in this constant sort of cycle, that everything will ultimately reduce to dust!

There's a great little phrase that I like, which is "Even this shall pass" and that's great because it means when you're riding a high, fine, that may pass, but when you're riding a low, when you're worried about change, when times seem dark, you can reassure yourself with the phrase that "Even this shall pass".

So this video today is really just a reminder that change is all around, change will happen, there's nothing you can do about it, so chin up and get on with it! Embrace the change, and lead the crowd!

This has been Karl Moore. Thanks so much for joining me. See you next time. Bye for now!

## Summary:

- There's a lot to learn in the Thirty Day Challenge
- This much new information can be overwhelming
- Don't fight change - it's all around us
- Embrace the change, and lead the crowd!

## Links:

Karl's Blog: <http://karlblog.com/>