Discussion

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The world is evolving very fast these days and it is up to individuals to be able to adapt to the changes despite some people finding it to be hard. On one hand, it is easier to live a steady and they prefer to be in their comfort zone. However, on the other hand, trying new experiences can broaden one view as well as make one an overall more open person. In my opinion, everyone must at least try to avoid a firm routine and give a chance to new activities every once in a while. Although few people feel that life is better as it is, they are vouching for continual change to improve their lives. This essay will explain in detail both opinions, however, I do believe that constant change is better for everything.

First, I want to make clear that I see how problematic it can be to amend the status quo for a nervous person, being one myself, doing every day the same things in the same way surely gives you the ability to be more in control of what is happening around you. Some people think and feel like their life is as good as it is without any changes. Some individuals are planning for a steady life because they are either not too ambitious or they do not like to be running a hectic corporate lifestyle. Proportionately, they do have a stress-free life and they get to spend more quality time with their family members. They are often not driven by the materialistic happiness that they get from buying a luxury car, a house, or an expensive tech gadget. They are satisfied with what they have and believe that is what they deserve as per almighty. They believe that life is good because they have the freedom to get whatever they want from it. There are no limitations that are imposed on them. Life is termed to be good because one has the gift of abundance. This, it is that there is no shortage of food, shelter, and clothing. Many conveniences are enthusiastically accessible and an individual has more choices and options in life than at any time in history. But there is a question asked by many people: if life is so good, why do some people struggle? There are various reasons why people are spoilt they have a continual appetite for more without fully appreciating what they already have hence leading them to compare themselves to some external standard. Another reason that people think that life is good as it is, is the affliction of negative thinking. This is believing that life is bad and that there are no opportunities, that they are not enough, and that there are limitations, creating a self-fulfilling prophecy (Hornsey, & Fielding, 2020).. The lack of seeing potential makes it difficult to realize it hence resulting in dormancy. People think that life is good with no making any changes because of the fear of loss of control. Generally, change interferes with autonomy and can make individuals feel that they have lost control over their territory. Our sense of self-determination is often the first thing to go when faced with a potential change coming from someone else. Excess uncertainty is another reason. As change feels like walking off a cliff blindfolded, people reject it often preferring to remain mired in misery than to head towards what they do not know. How everything seems different contributes to people opting to think life is good without any change as change can bring something different. Change is a departure from the past where some individuals may find it difficult. Change is indeed more work. Those flanking to the change in terms of conniving and testing it are often overloaded, in part because of the unavoidable unexpected bugs in the middle of change, per "Kanter's Law" that "everything can look like a failure in the middle'. In addition, people feel that life is good as it is compared to making changes because change can hurt.

On the other hand, other people strive to be progressive in their life. Change is not always a good thing. It may force us out of tired habits and impose better ones upon us, but it can also be stressful, costly, and even unhelpful. What is important about change is how we interpret it and react to it. Change can teach us to adapt and help us progress pliability, but only if we comprehend our capacity for growth and learning. When change makes us better, it is because we have learned how to turn a perplexing situation to our advantage, not simply because change happens. Some people believe constant change can be too demanding as it pushes them to be progressive and they work constantly with their strengths while keeping on improving on their weaknesses (Perryman, & Calvert, 2020). People working for change in their lives keep competing at the highest level and will be rewarded financially as well. Being able to overcome one's fears and take on new challenges, one might be able to meet new people or learn something about themselves. Some people prefer to strive and reach the best possible position that they can. Change is not inherently good or bad but it is inevitable. Individuals who want a turn in their lives, get the pressure to work on the change they want for a better result be it in their lives as individuals or as a team in their workplaces. In jobs, the change may seem to play on their strengths and improve on their weaknesses, which will ensure they always are competing at the highest level. People who make changes are often regarded as unreliable and unstable in social and work life and it may put a strain on their career development and social relationships. In companies, money and time might be spent on the recruitment process and training of new employees for a longer stay in making positive contributions to the company. People who shift jobs often may lose their trustworthiness on the job market and may not be trusted by the human resource staff, so they are less likely to get offers and promotions. Moreover, people who continually move from one city to another find it problematic to find a good social system since it takes time for strangers to know each other and build friendships. Many people hate change, yet others look forward to it. Resistance to change is normal yet it can be a destructive thing (Fogg, 2019). In workplaces, some managers fail to recognize the symptoms of change as directly related to proposed or actual changes like high staff turnover, conflict, lateness mistakes as well and low productivity.

From my perspective, we should live life as it is and deal with unforeseen snags and changes assertively. It is important to put a halt to the fears we face in the future and walk out of our comfort zone to overcome tough times when there are no other options. Otherwise, staying the same not only stops us from making progress but also makes our lives even worse. Although having a secure and stress-free life is good to a certain extent, being futuristic and having an urge to be in a better position is the challenge a person should embrace. I strongly believe that you do not know what can change your life, consequentially; if you do not give, a try to what you can do you cannot be able to tell if you did the right thing or you missed something special.

Reference

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