



**MANAVATHA NAVODAYA FOUNDATION<sup>®</sup>**

*Transforming with a human touch*



## Courage to change

You must have the courage to change the things that you want to change.

You must have the humility to accept the things which you cannot change.

And you must develop the wisdom to understand that change is a gradual process.

To change something, we must have the confidence in ourselves when we set out to make the change. To do that, you must understand all about the situation/problem and identify the skills and ways to solve the problem, and then build the strength and courage to make the change happen. It will happen when we approach with the right spirit.

On the other hand, we must also be careful to set out practical goals and not attempt or expect any drastic results. If things cannot be changed, we must not feel dejected or depressed. That's how some things are. At those times, we must accept the learning we get from those failures.

But that does not mean that you must give up the thinking of making change happen or your thoughts must not stop you from choosing the right things/person/situation that you wanted to change. We must have the wisdom to understand what things we must go after and what things we must not pursue to change. Fear of failure must not make you to stop. The thought that you are doing the right thing will give you the determination to make the change happen. Also be confident that you can make the change happen. You are sure to encounter failures on the way. But the right way is to know when not to give up and when to give in.