

CHOOSE CHANGE



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CHOOSE CHANGE

"Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow." - Lao Tzu

EMBRACE CHANGE



WRITE TO RISE

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“It is in silence the truth comes. It rises from our eternal glow within. Writing lights the flame.”



PAGES TO LEAN ON

When you turn away from the screen to write in your Journal, the magic only happens by doing one thing...

BEING TRUE TO YOURSELF.

Be honest with your words. They are yours - they are you.

CHANGE

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INTRODUCTION TO CHANGE

Life is not a single journey but a series of changes, endings and beginnings, closings and openings. As women, we move through countless transitions throughout our lives - careers, relationships, motherhood, identity shifts, ageing, loss and gain. Each transition asks us to release who we were and discover who we're becoming. These threshold moments can feel destabilising, but they're also where transformation happens.

Let's explore navigating life changes through three powerful lenses:

ACCEPTANCE
FLEXIBILITY
GROWTH MINDSET

Let your writing be your tool to navigate change with grace. Ask yourself what this transition is asking of you and what it might be offering. Your journal is where transformation is witnessed.



ACCEPTANCE

GROWTH MINDSET

FLEXIBILITY

02

ACCEPTANCE

Acknowledging that you're in a period of change, rather than resisting the uncertainty, creates **peace with the in-between**. Transitions are uncomfortable because you're no longer who you were but not yet who you're becoming. You're in the in-between, and that may feel unstable. Your instinct might be to rush through it or deny you're in it at all, but neither works.

As women, we often move through transitions pretending everything is fine, while maintaining all our normal obligations, while giving everyone else what they need from us. We don't give ourselves space to actually be in transition. We don't acknowledge that we're in a tender, uncertain place. But that denial just extends the difficulty.

Acceptance means naming what's true: I'm in a period of change. Things are shifting. I don't know what comes next yet, **and that's okay**. This is uncomfortable, **and that's normal**. When you stop fighting the change and accept that you're in it, you can actually move through it. You can **give yourself the gentleness and space** this threshold requires. Acceptance doesn't mean you like it, just that you stop exhausting yourself resisting what is.



WRITE IN YOUR JOURNAL

Sit in Silence and think through the following prompts... jot down your answers



- What change is happening for you now or approaching? Can you name it honestly?
- What are you resisting about this transition? What makes it difficult to accept?
- What would it feel like to accept that you're in an in-between place without needing to rush through it?



*Transitions are where transformation happens.
Writing opens the heart and mind. See how you
feel when you have written in your journal.*

04

FLEXIBILITY

Remaining open to unexpected paths and possibilities rather than rigidly clinging to how things were or how you thought they'd be allows for **creative adaptation**. Change often doesn't unfold the way you planned. The life you're moving into may look different to what you expected. The path forward might not be linear or clear. Flexibility is what allows you to adapt rather than break.

As women, we often have clear pictures of how things should go. When transitions happen, we want them to resolve quickly and neatly into the next stable chapter. But real change can be messy. It may involve false starts, unexpected detours, discoveries you didn't anticipate, endings you didn't choose, and beginnings you couldn't have predicted. Flexibility means **staying open** to all of it.

Flexibility doesn't mean you have no preferences or boundaries. It means you hold your plans loosely enough that you can adjust when reality doesn't match expectations. It means you **stay curious about what's emerging** rather than only grieving what's ending. It means you trust that even if this isn't what you planned, **it might be exactly what you need**. That openness is what allows you to find your way through.



WRITE IN YOUR JOURNAL

- Where might you be rigidly holding onto how things were or how you thought they'd be?
- What unexpected possibilities might this change be offering you haven't considered?
- What would flexibility look like for you in this transition? What would you need to release?



Check in with yourself. When you are answering questions, look at your answers. Can you stay open to what's emerging?

06

GROWTH MINDSET

Viewing changes as opportunities for learning and becoming, rather than threats to stability, transforms how you experience change. Every new choice is an **opportunity to discover something about yourself**, to develop new capabilities, to **become more of who you're meant to be**. When you approach changes with a growth mindset, they become generative rather than only difficult.

As women, we often view transitions as disruptions to get through as quickly as possible so we can return to normal. But what if the transition is the point? What if the purpose isn't to get back to how things were but to discover who you're becoming? What if this difficult passage is actually teaching you something essential?

Growth mindset means asking: What is this transition teaching me? What strength am I developing? What's being revealed about who I am or what I value? How am I being shaped by this experience? These questions don't make the transition easy, but **they make it meaningful**. They help you see that you're not just surviving change, **you're being transformed by it**. That's powerful. That gives purpose to the difficulty.



WRITE IN YOUR JOURNAL

- What might the change that is happening be teaching you about yourself?
- What strengths are you developing or discovering through this change?
- How might you be different on the other side of this transition? Who are you becoming?



Check in with yourself. Recognise that transitions are where you discover who you really are. Trust the process.

Conclusion

A decision to change asks you to release who you were and discover who you're becoming.

That's uncomfortable, but it's also where transformation happens. As women, we move through countless transitions throughout our lives, and each one offers an opportunity to know ourselves more deeply, to develop new strengths, to become more fully who we're meant to be.

When you accept the uncertainty, stay flexible to what's emerging, and trust that this is shaping you, transitions become generative rather than only difficult.

Keep writing - that is where you witness the results of change.



Wake up wellbeing
through writing



ask@libbla.com

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} CONGRATULATIONS {

- You are now on your path to navigating change through **Acceptance, Flexibility and Growth Mindset.**
- Can you feel the shift?
- Through writing, you are learning to move through change with grace and curiosity. Each journal entry is an act of trust in your own unfolding.
- Keep practicing. Change is uncomfortable, but it is also where you discover your strength, your adaptability and your capacity to become. You're not breaking, you're transforming.



You know how to Choose &
Navigate Change

Feel, Write & Rise

“

*Be the Guardian of your mind.
Steer consciously. You are the author.
Write, write, write.*

“