


One of my favorite quotes over time is that “the only thing that is constant is the rate of change”, which is based on the sayings of Heraclitus, a Greek philosopher who lived from 535 - 475BC.

If that was the case then, then it is certainly even more true today.

The change that I’m talking about today though is personal change, and personal growth.

Many people want to change or improve their lives, but don’t know where to start.

They look for change in all the wrong places, but find it impossible to get any one to fo it for them..



The only person who can
change your life is the
one that you see in the
mirror each morning!

Allan Cockerill

The ideal person to start the change is the one looking at you in the mirror each morning:
YOU

Making the decision to change is the hardest part. Making excuses, or blaming others is easy.

No matter what anyone else has said or done, change is up to you.

If you need help to change, reach out and get that help.

Just do it.