



“It takes commitment to change and even deeper commitment to grow.”

Ralph Ellison  
Writer  
(1914–1994)

We encounter change all around us. Seasons change, dreams change, the landscapes of our own faces change. Most everything in our external environment evolves as does a great deal of our interior world. Change, it is said, is the only constant.

We can adapt to change, manage within change, and even lead change. Change is the context in which we live, a prominent element in our daily life and main feature in our lives over time.

The commitment to change is a promise to embrace acceptance. It means calling upon our ability to adjust and employing our power to re-direct focus. It requires holding our attachments to “how life is” with great lightness; it invites us into a journey of flexibility and versatility.

The commitment to grow is a vow of trust. Growth is our unfolding into who we might be; it is our developing into our fullest selves by believing even beyond our dreams. Both change and growth involve taking risks. Committing to growth reframes how we experience the challenges presented by change; no longer are they hurdles to transcend rather they become vehicles for our personal advancement. Committing to growth opens us to the fullest possibilities of hope and of healing.

Change is constant, but not the only. We can grow.

*What personal growth is emerging in a change I now face? How can I deepen my commitment?*