

# Essay on changing ones life

[Technology](#), [Development](#)



Yes, it is difficult to make changes in one's life. People may be afraid of failure, afraid of the unknown, or afraid of ridicule from others. Change often takes hard work and people may give up because making the change just seems too hard and not worthwhile.

For example, if someone wants to make a career change half way through life, some people may not understand. Others may think the person is making a mistake. Others may directly ridicule the person trying to make the change by telling them what they are doing is unwise or impossible. Actually, the person making the career change is courageous because he or she is willing to risk everything to try something new. Often, in order to make a career change, one must take on additional debt by returning to school. The person sacrifices free time by studying and working full-time at their current career.

A common example is that some people may want to lose weight. Despite the commercials for diet aids, there is only one way to lose weight and that is by eating healthy and exercising. This is hard work. Many people give up because they do not see results. The hard work does not seem worth the effort.

Almost everyone has the fear of the unknown so when a family moves for career reasons, the children in the family may be apprehensive about going to a new school and making new friends. It may be hard for the children to adjust to this change.

Other people have a fear of failure so they never try anything new or make any changes in their lives. For example, a student wants to try out for the

school play but he or she has never acted before and fear failure. This fear of failure may prevent the student from ever pursuing his or her dreams.

Yes, it is difficult and challenging to make changes in one's life. Often, taking the risk is worthwhile because of the new experiences and growth that await the person making the change.

## **References**

None Needed.