

Is it difficult to change someones lifestyle

Life



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Someone changing their lifestyle may find it difficult. There are many things to consider that play a role in a life change. One of the first steps to altering a lifestyle is by wishing to do so. Personal experience can show that through determination and hard work an improvement can be made. For example, some people may be wild and always find themselves in trouble, to becoming peaceful and law-abiding. They may decide to change because of other people or for personal reasons, as in life or death situations. Situations like this could be addictions to drugs or alcohol, harm to the body, or participating in dangerous activities.

Another reason to change your life is because it is the right thing to do. Some people may find that after making bad decisions, such as dropping out of school, can be corrected by trying hard for a G. E. D. , planning on going to college, and choosing a positive, reachable career path. There is a lot of effort and determination involved, but change can be the best way to restart on the right foot. Anyone can change anything about their life as long as they put their mind to it. Changing life can be challenging, but can also be very rewarding.