Decision to change has to be stronger than the resistance meet as begin on the road to a new. Old habits, poor patterns and unproductive beliefs will try to hold down. In fact, some people would rather endure suffering than the pain of trying something new. It may be lonely and painful to where we are now.

When we decide to change so that we can improve on something or solve a particular problem, the problem is already half-solved. The remaining half is the resistance we feel that is brought about by the decision to change. Be aware that the initial attempts are the most difficult ones. The first days will bring you a lot of discomfort. And as time passes by, your mind will tell you more reasons not to go on. Also, some people will make fun of you and make nasty comments, “Una – una lang yan babalik ka rin sa amin, kunwa – kunwarian lang yan.” They will invite you more and more and encourage you to get back. The decision to change is just the first step to real transformation:

Believe that you can change; When you believe, everything is possible. Just like what Jesus said: “Everything will be done to you according to your faith (Mt. 9:29). The stronger you believe, the more you pray and the less you worry. Believe that to change could be your greatest miracle. The youth of today are resistant to change. They hate the concept of change. No one is cursed with a stubborn heart or with an unalterable attitude. Everyone is gifted with the capacity to change, to adapt, to adjust and to turn one’s life around.

At any point in your life, there is always a room for change and it is biggest room. Change is indispensable if you may want to live decently, happily, and fruitfully. Believe that God wants you not just to be holy but also to be happy. By not changing you are
putting yourself in great trouble. When you, as a person, change for the better, everything else around you will be affected in a positive way.

Let change be your personal commitment; Out there, people are not interested in changing you. Make the decision to change on your own. How do you do that? Learn to adjust to your changing experiences and to embrace people who have perspectives different from yours, with different behaviors, have their own preferences. If you want peace on the earth, be a peacemaker. If you want more love, be a greater lover. If you want change in the world, let it begin with you.

Start with physical changes; We all can improve on something. If you decide to have a one percent improvement every day, start with something physical. There is something magnetic in everything they do. There is something magical in the words they utter. Their smile is contagious and the way they look is electrifying. Act like a pro or talk like you’re a sweet music to someone else’s ears. Your outer expressions will eventually affect your inner feelings. Keep practicing on how to improve your physical, visible, audible or tangible actions and it won’t be long when you begin to notice signs of an amazing attitude growing in you. Do this as often as you can until it becomes your second nature.

Gain new perspectives; We can change an old, negative and unproductive thinking and replace it with a new, positive and effective perspectives. Begin to see the blessing, not the burden. Look at setbacks as momentary stage to comeback. See problems as stepping-stones and not as stumbling blocks. Look beyond the obstacles and find the opportunities. Your good decision today will prepare you for better tomorrows.

Improve on your attitude; Many of our attitude problems are learned in our growing up years. If we grew up in a negative environment, we will most likely become pessimistic as adults. It is true that the habits, mannerisms and attitude you developed in early childhood became part of who you are, but they do not have to take possession of you for the rest of your life. Habits can be changed or replaced. Mannerisms can be
improved. Attitudes can be enhanced. The way you react to certain things may bring you much comfort but to be comfortable does not automatically mean you are doing things right. You can get comfortable with a bad habit or wrong attitude.

Let go the old thinking; Your old self is the product of your old thinking. To gain a new life, gain new ways of thinking. It is impossible to get new results if you are thinking in the same old ways and doing the same old things.

Acquire self-discipline; The fundamental step to be a winner is to conquer the self. If you cannot discipline yourself, someone else will do it for you. Once you acquire it, self-discipline will direct you towards definite actions, whether you are in a good mood or not. It will push you to work harder even when situations are not convenient.

Your commitment to change is your personal responsibility. Nobody can stop you from doing it. If you would not allow them to. If you have to give up, it is not because of people’s opinion but because you come to realize that you can do better in a different path.

And last decide to change today; Usually, the perfect time for you to do what you really want to achieve is now. People who accomplish what they want put time aside and start working on their goals. Live the life that you are capable of living. Decide to make the change today. If you desire happiness for life, do not wait for miracles. Begin with change.
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