

Catch the Reading Bug!

Metamorphosis: How to Change Your Life

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Are you a bug caught in a web? One who can't break out of your shell? Have you lost your sparkle? Perhaps it's time for you to make a change in your life. It's easy to get tangled in the day to day struggles and forget what's really important. But if you don't slow down and take a breather you may lose your twinkle for good.

I recently underwent a dramatic metamorphosis myself. For weeks I was an unhappy caterpillar who spent all my time eating. Sound familiar? Eventually I decided to take a time out and examine my life. I emerged two weeks later a happy and self-confident butterfly. Since then I've made new friends and become the social butterfly I always knew I could be.

So, ready to begin? Ask yourself a few questions: What makes you happy? Where do you want to be in life? How do you want to spend your time?

Here are a few simple things you can do to change your life:

1. Take time every day for yourself.

Time flies. It's easy to get caught up in a frenzy of activity. But it's important to take time out to relax and get in touch with the inner you. So take a walk by yourself; cocoon yourself with a good book; dig a hole and enjoy the solitude.

2. Be adventurous.

Break out of your shell and be bold. Do something on the fly! Jump off that branch and see where the wind takes you. You may get butterflies in your stomach but it's worth it!

3. Worry less.

There are lots of things to worry about but relax! Don't open up a can of worms and create more problems for yourself. Don't get caught up in the antics of others. Get rid of that bee in your bonnet and recognize the things you can and can't control. Anything out of your control isn't worth worrying over!

4. Stop procrastinating.

I recommend the STING technique developed by motivational speaker Rita Emmett, author of *The Procrastinator's Handbook*.

S = Select just one thing to do. Example: Find lunch.

T = Time yourself. Find lunch within 30 minutes.

I = Ignore everything else. That stinging self-doubt? Ignore it. You can and will find lunch.

N = No breaks. Stay focused. Don't give in to the urge to take a nap or visit with friends.

Lunch may be right around the next leaf! Hear that sound? That's your stomach grumbling.

G = Give yourself a reward. Maybe two flies for lunch instead of just one. Go ahead – you deserve it.

Take my advice and metamorphose yourself today. It's the only way to dramatically change your life.

Suggested Reading:

Strange Happenings: Five Tales of Transformation by Avi

Beetle Boy by Laurence David

Clara Caterpillar by Pamela Duncan Edwards

Butterfly by Claire Llewellyn

From Caterpillar to Butterfly by Gerald Legg