

THE ORACLE FEATURES

UNIVERSITY OF SOUTH FLORIDA • VOLUME 42 • NO. 15 • SINCE 1966

WEDNESDAY, SEPTEMBER 15, 2004

Change: scary but inevitable



Paul Vitale

Guest Columnist

Change is inevitable. We have a choice to either embrace it or fight it. Dr. Larry Cole, author of the book, *Frustration Is Your Organization's Best Friend*, shares insight on change that makes sense. He writes, "It's difficult to remember that frustration, fear and confusion are your friends while you are being bruised by the process of change. But when you remember, they become powerful allies." Change does produce a considerable amount of fear of the unknown as well as confusion; however to escape mediocrity, change is inevitable.

My grandmother once told me a story about a woman who always cut off the ends of the ham before placing it in the oven to bake. She had done this for years, and one day, her husband asked her why she prepared the ham that particular way. The woman thought for a moment and then she replied that this was the way she had been

taught by her mother.

This began to puzzle her, so she called her mother and asked why she always cut off the ends of the ham before baking it. The mother replied that it was how her mother had always done it. The woman then called her grandmother to inquire about it. When she asked why the whole family did this, the grandmother responding with laughter. She then informed her granddaughter that the only reason she always cut off the ends was because their oven was so small that they only had one pan to fit in it and it was not large enough for the whole ham.

Often times, situations and circumstance never change simply because the past won't allow it. Or will it? As overwhelming as change can be at times, it is important to grasp the fact that not all change is bad. In fact, it can be quite rewarding. Granted, most change is not focused on the ends of a ham, but an

Paul Vitale, professional speaker and author, speaks to audiences across America. Last week, he opened the University Lecture Series.

important lesson can be derived from this story. We as human beings have a tendency to live in a comfort zone and therefore develop all sorts of habits for different reasons. Thus, we often have a difficult time when the need for change arises.

The choice, ability and energy to transform any aspect of your life lie completely on your shoulders. Being satisfied or not is up to you.

Recognizing the need to make an adjustment and committing to do so hinges on having the discipline and patience to know which direction you are traveling and when you plan to arrive. Change does not happen overnight, but it does happen and the sense of accomplishment, big or small that follows eliminates the frustration, fear and confusion. Where would we be without change and those who are willing to stand behind it? ■

For more information about Paul Vitale, visit www.paulvitale.com.