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Change is good. Change brings newness and the air of unknown experience. Change is fresh. But, alas, change is difficult. We find comfort in unchange. Unchange is familiar and expected and known. Not all things need to change, but introducing some change into our lives is healthy. Think of 10 things in your world that need to be changed. These don’t have to be life-altering things: they can be small, like the battery in your phone, or big, like a bad habit. Name 10 things that need to be changed in your world.

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