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## THE PROCESS OF CHANGE

As humans we all usually think that everything will get better or change in a better way. Or leave the habit that is not good immediately. And we don't always keep being patient the things we think about. Some might think progress or change come easily and all of a sudden, as they see some people don't take it so 'easily'. And they get insecure or unconfident of themselves, which leads to conflict with themselves. But being aware of time and the process, it gets easier for us to understand that nothing is more normal than not being changed so quickly,

Since everything in life takes time which is very important for humanity to keep themselves healthy about their mental health. Did you know that an ice melts at 32°F at a room at 75°, which takes 90 minutes (more than an hour!). Even though the temperature is so high, it takes more than an hour for a whole ice to melt. You might think it's odd for me to say this all of a sudden, but it connects with our story. For us to not to be in conflict with ourselves, we should believe in ourselves and should love ourselves. Sometimes we may compare ourselves with other people about anything such as success, wealth or appearance. We might think we are not enough, leading us to try to change. If one wants to change, they try to have new things on their life, body, or whatever. But it isn't easy to change everything, all of a sudden, when even the nature changes in years. Seeing it doesn't come that easily as we thought for it to be, big amount of people decides to give up thinking the fault is on them. But would you blame nature that it didn't make the banana peel fully decomposed in 29 days, when it takes 1 whole month for it to make? Or would you blame an ice that it didn't melt at 31°F? When it melts at 32°F?

Sometimes, change is so close to us, it's sometimes right by our side, but we can't see it, our eyes are blinded by the fear or depression coming from failure. Sometimes change doesn't come quick. Would you consider a monkey and a gorilla equal in the race of climbing a tree? Would you expect a cat to fly? Sometimes, we forget we are completely different (And that's the good new!). Different experiences, different features...

I, myself, always used to compare myself to anyone you could think. I am not sure if I stopped, but I can certainly say that I learnt change doesn't have a deadline. I learnt I, you, your teacher, your friend, your mother, anyone, is enough. We all should know we have a hidden gem inside ourselves. We should search for it.