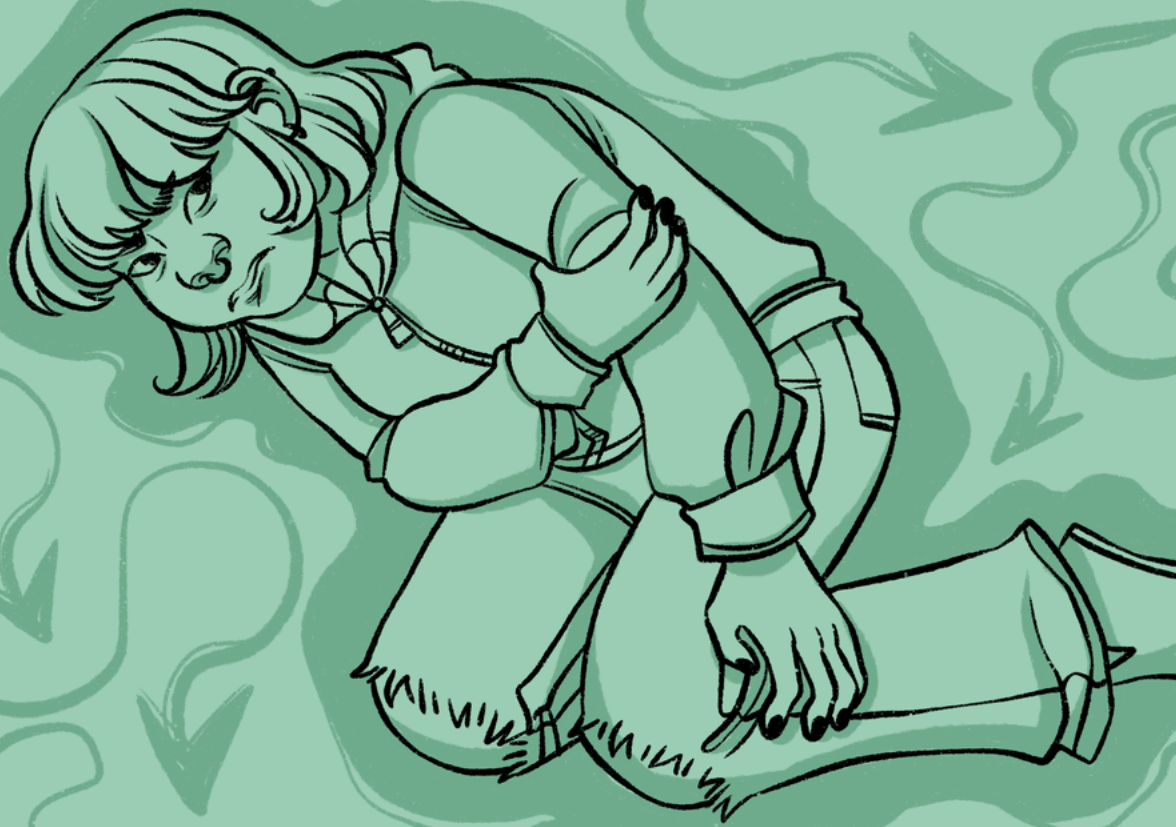


Change is one
of the
scariest
things we
can endure
as humans.



flow

You feel like if you stay in your cocoon of safety, keeping things the same,



everything will be okay.

You quickly learn, though, that you
can't stay there forever.



Because even if
you try your best to keep still...



... You can't stop the world from moving around you.

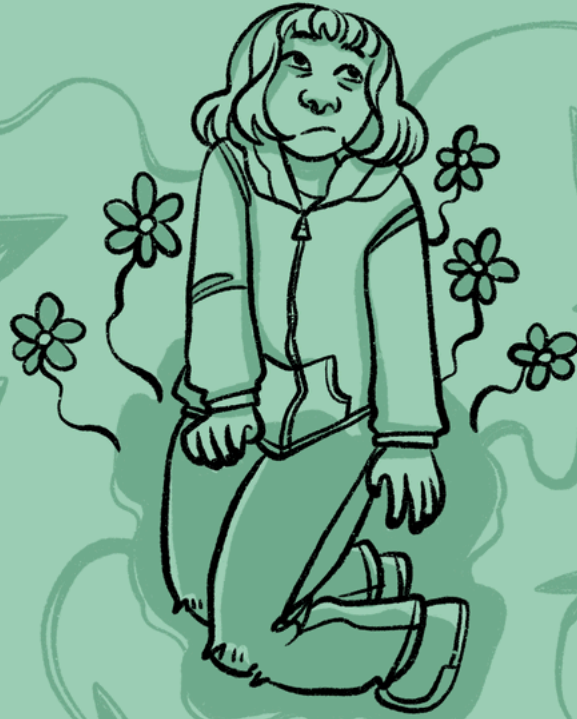
Things will change
whether you can
control them or
not (spoiler alert:
you usually can't.)





Being rigid to that change actually can just make it more painful.

Change is inevitable. There's nothing we can do about that. What we can do is allow ourselves to change + be changed.



Because at the end of the day, to change is to be human + to be human is to grow.