Do Something Different Something New

Cindy Theresia

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One Small Step at a Time

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Colophon
© 2024 Cindy Theresia & Esther Susanne
Publisher: Uphigh
Cover design: Cindy Theresia
Layout: Esther Susanne
Date of publication: 30 December 2024
First print: 30 December 2024
ISBN: 9789403778785

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Introduction

When I first started posting on TikTok, this doing something different, something new, was the very first topic I shared. Not because I've always been the best at stepping out of my comfort zone. Even as a Certified Neuroscience and Life Transformation Coach, I'm still human. And as humans, we're not always aware when we've slipped into a rhythm that's quietly become a comfort zone.

The biggest eye-opener for me came when my sweet dog Queenie passed away. She was our little guardian, spicy and strict, but so incredibly cute. A Chihuahua and dwarf pinscher mix, Queenie had been with us for 15 of her 18 years. I was used to her always being there. I'd heard of pet grief before, but I thought I'd be okay because I had other things to lean on. I was wrong. The emptiness that followed was heavy. It wasn't just my grief; the whole house felt her absence. For all the pet parents out there: I see you. Pet grief is very real.

During that time, I realized how many habits I had formed around her.

I walked her three times a day, took care of her with love; it was part of my daily rhythm. And suddenly, that rhythm broke. I had to find new ways to get outside. I had to learn that it was okay not to care for someone, something I'd been doing since childhood. A shift in my thinking began. I noticed that we can fall into routines without realizing it, and they're not always bad, but what happens when that person, pet, or job is no longer there?

That's when I started doing something different. Something new.

A while back, a friend once said to me, "Cindy, you're so Surinamese." And I remember being surprised because I wasn't born in Suriname. I don't speak Sranan Tongo(Surinamese), and I was raised in a more Western European environment. But I understood what she meant. It wasn't a negative comment; it was a moment of reflection. A gentle nudge. And from that, I began to step outside familiar ideas, trying small changes what I ate, how I saw things, how I spoke to myself.

This book isn't something I wrote in my spare time or just because I wanted to go viral on TikTok. No, this came from real moments. From lived experiences. From transformation. Because this happens to so many of us: we get into a rhythm, a comfort zone. Married couples stop vibing. Friends drift. Career plateaus. Not because we don't care, but because we start to operate on autopilot. And the mistake we often make is believing that change has to be big and dramatic. It doesn't.

Change starts small.

Let me give you the tiniest example. I live in a town with a popular chain of grocery stores, and there are three in close proximity. I always went to the one nearest to me, out of habit. One day, I decided to try the one a little farther away. At the checkout, instead of the usual stickers for every ten euros spent (which you collect to redeem tableware), the cashier gave me so many extra stickers that I could fill 4 or 5 books just because I went to a different location.

That change, though small, allowed me to help someone else complete her collection and get an entirely new set of dishes, something she really wanted. It was such a small detour in my day, but it ended up creating a ripple effect.

That's the heart of this book.

You don't have to change your entire life overnight. But one small step can begin to open new doors. A slightly different route. A new recipe. A new conversation. A new thought. And over time, these small choices become a new rhythm, one that leads you forward.

So, I invite you to walk with me through these pages. Explore. Reflect. Try things. You don't need to have all the answers. You just need to be willing to take one small step toward something different.

Something new.

With love,

Cindy

-Quote

The measure of intelligence is the ability to change'

-Albert Einstein

Chapter 1: Understanding the Power of "Different" and "New"

Definition of Different: Not the same, not alike in character or quality; distinct in nature; dissimilar. It refers to something that is not the same as before; it challenges familiarity, offering a chance to step outside the routine and discover new possibilities. Consider it as breaking away from habits that no longer serve you, inviting a sense of uniqueness into your life.

Definition of New: Being other than the former, recent, for the first time, representing something fresh and unprecedented, a novel beginning brimming with potential. It symbolizes the opportunities that await when you decide to embrace change.

Why is change hard?

Fear of the Unknown: Our brains are wired to favor predictability. Venturing into unfamiliar territory can feel risky, but acknowledging this fear is the first step to overcoming it.

Definition of fear: a distressing emotion aroused by impending danger, evil, pain, etc., whether the threat is real or imagined; the feeling or condition of being afraid. An unpleasant emotion or thought that you have when you are frightened or worried by something dangerous, painful, or bad that is happening or might happen.

Some types of fear: Fear of failure, fear of success, fear of rejection, fear of selling, fear of heights, etc. Within our body, the amygdala that is the part of the brain that's most closely associated with fear, emotions, and motivation. Its name means “almond” because it is almond-shaped. If you see something frightening, your amygdala may trigger a panic response in your body.

Comfort Zone Attachment: Comfort zones provide security but can also become barriers that confine growth and stifle creativity. Be comfortable being uncomfortable. A comfort zone is a familiar psychological state where people are at ease and (perceive they are) in control of their environment, experiencing low levels of anxiety and stress.

Being within one's comfort zone might mean rejecting new ideas, feeling unfulfilled, complaining more about the current situation, and getting bored more often.

Lack of knowledge: This can lead to uncertainty about how to use specific tools or what type of tools to use. Not knowing how things work can block you from changing and keep you stuck. An eighty-year-old man wanted to be on YouTube, so instead of maintaining his lack of knowledge about how to go about it, he started listening to YouTube tutorials for three months, started his YouTube channel, and grew an audience within months.

Lack of resources: Not having the finances, or material needed for the specific change might also be one of the hold-ups.

I also had to deal with the four things listed as to why change is hard, and I'm pretty sure that the first one is fear, which many people struggle with. These things will rob you of something good, even great, that awaits you on the other side of that "fear" mountain. Plus, it might even be that others are waiting for you to change, and then it also impacts their lives.

Strategies to Overcome Blockages

Stimulate Curiosity: Begin asking yourself questions about what excites or intrigues you. What would your life look like if you pursued those interests?

Seek Guidance: No one has to go at it alone. Utilize resources like:

YouTube tutorials to learn skills or gain insights.

Books by leaders and thinkers who have transformed their lives.

Online communities and support networks that align with your goals.

Experiment Safely: Try low-risk actions like visiting a new store, experimenting with a different cuisine, or listening to a new music genre. These small shifts lay the foundation for larger transformations.

The Power of Reflection

Take a moment to analyze your current habits and routines. Which ones no longer serve your purpose? Which ones are worth keeping or replacing?

Action Step: Clarity Exercise

Write down three things you would never do (and why). This reveals hidden fears or limiting beliefs that hold you back.

Write down three things you'd love to do (and why). This brings your desires and aspirations into focus, creating a clear path for growth.

Find encouragement through quotes and affirmations.

Quotes:

"If you always do what you've always done, you'll always get what you've always got."
— Henry Ford

"Insanity is doing the same thing over and over again and expecting different results." Keep this in mind!

Affirmation: "I am open to new experiences that bring growth and joy into my life."

Writing Exercise