

# The Mind's Eye

Fresh Perspective on Emotional Health

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**Q.** With the newness of springtime upon us, many long for change and renewed spirit. How can we help regenerate our lives?

**A.** Spring brings with it a certain vitality that urges us toward new goals, fresh beginnings and personal change. Often, we find ourselves restless—tired of our old patterns and habits and in search of something different, something more. This restlessness can lead us to ask ourselves the following:

- Should I enhance the quality of my life?
- What benefits will result from changing?
- Will the benefits of change outweigh the risk?

If you are asking yourself questions like these, personal change may be on your horizon.

Just as spring ushers in new light and life into the world, we, too, are capable of producing change in our lives. We stand at the doorstep of a new day, new season and new opportunity—the possibilities for personal change are endless.

But, what if we fail? What if we don't accomplish the goals we set for ourselves? We mustn't give up—failing is not an end. After all, success comes through the process of learning, and, sometimes, we must fail to learn. Not learning from failure, however, is unhealthy.

You can change your life. First, consider the changes you would like to see, and prepare to make them a reality. Then, take action. Make specific, clear modifications in your lifestyle that can help you achieve your goals. Who knows, you may come to view yourself and the world in new and different ways!

Plant the seeds of change in your life today. If you do, you are likely to enjoy a bountiful harvest in the coming season.



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