

## You Can't Step in the Same River Twice: Embracing Change While Creating Coherence

authentic-careers.com

### Embracing Change as a Core Element of Coherence

Coherence is not a one-time achievement but an ongoing process. Just as the river constantly changes, so do the conditions of your life. To maintain coherence, you need to regularly reassess and realign your actions with your evolving values and circumstances.

Just as a river is always flowing and its waters are never the same from one moment to the next, life itself is in a continuous state of flux. When you step into the river again, both you and the river have changed—time has passed, and new experiences have influenced both the river's flow and your own perspective.

#### Values-Action Check-In

To help you begin this process, I've outlined a brief activity inspired by life design principles. This Values-Action Check-In will guide you through understanding how your current actions align with your core values and what adjustments might be needed.

#### 1. Identify Your Top 3 Current Values

- What are the three most important values guiding your life right now?
- These could be anything from creativity, family, and growth, to security, adventure, or health.

#### 2. Reflect on Your Recent Actions

- Think about your actions and decisions over the past few weeks. Write down key activities or decisions in different areas of life (work, personal relationships, health, etc.).
- Which of these actions feel aligned with your current values? Which do not?

#### 3. Identify Misalignments

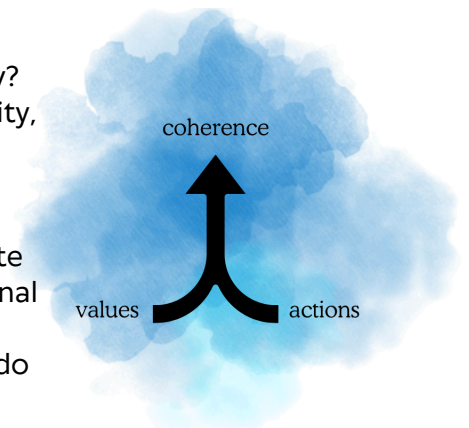
- Look at any areas where your actions don't match your values.
- Why do these misalignments exist? Are they due to habit, external pressures, or changing circumstances?

#### 4. Make a Small Adjustment

- Choose one small action you can take in the next week to better align with one of your top values.
- It could be setting a boundary, saying "no" to a commitment, prioritizing time for a personal project, or something else.

#### 5. Reassess Regularly

- Commit to checking in with yourself at regular intervals (weekly, monthly) to see if your actions continue to align with your evolving values.



## Finding Coherence in Your Work

To help you apply these concepts to your own life, consider the Purpose Reflection Exercise. This activity will guide you through understanding how your current job aligns with your values and long-term goals.

### Purpose Reflection Exercise

#### 1. Reflect on Your Role:

- Write down your current job title and a brief description of your main responsibilities.
- Ask yourself: What aspects of my job, if any, align with my values or passions?

#### 2. Identify Personal Contributions:

- Consider how your work contributes to the organization or the community. Even if the role itself is unfulfilling, there may be elements of your work that provide value.
- Ask yourself: How does my work make a difference? What positive impact does it have, however small?

#### 3. Connect to Personal Goals:

- Reflect on how this job helps you achieve your personal or professional goals. This could be financial stability, skill development, or networking.
- Ask yourself: How does staying in this job support my larger life goals or aspirations?

#### 4. Identify Core Values:

- List your top three core values (e.g., integrity, creativity, service). Reflect on how these values are expressed through your work, even if indirectly.
- Ask yourself: In what ways does my job align with or support my core values?

#### 5. Visualize Future Impact:

- Imagine your future self looking back on this period in your career. How will you feel about the choices you made in this job?
- Ask yourself: What will I have learned or accomplished during this time that will be meaningful to me later on?

#### 6. Write a Purpose Statement:

- Based on your reflections, draft a brief purpose statement that captures why you are in this job, even if it's not your dream role.
- Example: "I am staying in this role because it allows me to support my family while developing skills that will help me transition to a more fulfilling career path in the future."

#### 7. Plan for Alignment:

- Identify one small action you can take within your current job to better align with your purpose or values.
- Ask yourself: What is one change I can make today to feel more connected to my "why"?



---

**Subscribe & Connect:** Don't miss out on future posts! Subscribe to Authentic Career + Life Design on YouTube and your favorite podcast platform, and connect with me on Facebook, Pinterest, and my website.