

# Paradoxes We Face When Approaching Change

On one hand we want to change ourselves

On the other hand we want to accept ourselves

I want to take myself less seriously

But also more seriously

I want to use my time well

But I also want to play & wander & read & be whimsical

I want to think about myself

So I can forget about myself

I want to let go of anxiety about the future

But keep my energy & ambition