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## Witcher 3 change your life

Photo: Fraser Mummery>Welcome back to Midweek Meditations, Lifehacker's weekly dip in the pool of stoic wisdom, and a guide to using his waters to reflect and improve his life. Welcome back to Midweek Meditations, Lifehacker's weekly dip in the pool of stoic wisdom, and a... Read moreThis week's choice comes from Marcus Aurelius's Meditations. Near the end of book 11, it goes over an interesting aspect of change: Unripe, mature grapes, raisins: all changes, not in insistence, but in existence not yet. Here's another version: the unripe grape, the ripe group, the dried grape, all are changes, not in anything, but in something that does not yet exist. G/O Media can get a commissionWhat it means In its own way, Aurelius explains that a grape is not really an object, it is an event. It starts without being mature, then matures, and eventually becomes a raisin. Even after that, it splits into molecules that will become something else. It never becomes non-existent, it's just always in a state of existence not yet. What we perceive as a grape is really changing itself. The same thing can be said for you. Your life is an event, always going through changes. Where you were once a child, now mature gradually, and one day you will be old and wrinkled. Think of yourself as always being the process of turning into something that does not yet exist. What we take away from ItChange isn't simply an important aspect of life—it's life itself. Your mind and body are changing every second of every day. The moment you are conceived, you change to become a baby; the moment you are born, you change to become a child; then for a teenager; and so on. You're always on your way to another version of yourself. Welcome back to Midweek Meditations, Lifehacker's weekly dive into the pool of stoic wisdom, and... Read moreMa will be what will be? During this constant transformation you are presented with countless choices. Every move you make, every action you allow, every decision you land during these transformations, is yours. These choices can be simple: me as pizza or salad? Do I exercise or do I sit on the couch? Do I wear that shirt or that? Did I get up now or in 15 minutes? Or can these choices be more complicated: do I take a chance on my career? Do I move to a new city? Do I tell them I love them? You see, as long as you can't stop the change, you can shape it. You are constantly changing—on a journey that you have no choice but to do—and so is everything and all things around you. How are you going to navigate through all this? Change is a gift, change is freedom. You can read Meditations in full for free here. September 11, 2020 8 min read Reviews expressed by entrepreneur's are their own. If you told me 60 days ago that I was about to pack my things and move to Miami, I wouldn't have believed you. I mean, we are. Are. in the middle of a pandemic. I have four children under the age of 6, plus a 7-month-old English dog that weighs 115 kilos. It's an election year. It's hurricane season. I don't have a family in Miami. And... I spent less than 10 collective days there. On the surface, it sounds like a crazy idea. Arguably insane. But when my husband and I landed in Miami a few months ago, deep down I knew it would be the setting for the next chapter of my life. When people ask me why I'm moving from San Diego to Miami, my answer is... Why not? Turns out I'm not alone. Earlier today, the CEO of a fast-growing startup told me he was planning to work remotely every fall in Maine to take advantage of the fall leaves. Another friend told me she's taking her three kids to Hawaii for the next six months to make new memories. And another colleague is moving to Oregon for 9 months to explore the Pacific Northwest.Related: Get Your Side Hustle Started Now! Many people are making changes to embrace the new normal because they prefer to look back and say Whoops than What If? I know this change is scary. But repentance is much, much scarier. I'd rather face an ocean of change than a mountain of regrets. Here's how I knew it was the right decision for me to make a life change... and some tips for you to know if now is the time for you too.1. You're feeling comfortable but restless if you find yourself doing the same thing day after day, maybe it's time to shake things up. There's nothing wrong with implementing some healthy routines throughout the day – but too much monotony can totally kill creativity. There is no growth in the comfort zone, and there is no comfort in the growth zone. If your life has no excitement and your energy is low, maybe it's time to change your life. When was the last time you did anything outside your comfort zone? This happens to all of us at some point or another. You're not alone – and, more importantly, it's a totally normal and natural part of life. Being in the same environment, doing the same thing over and over again, and spending time with the same people can leave us stagnant. Make it a priority to spend less time with negative people who drain your energy and more time with people who energize and inspire you. Related: How to find the right idea for your HustleA big change side in one area of your life can trigger more change in other areas, both professionally and personally. Change makes you more flexible, exposes you to new experiences and new people, and opens the door to more opportunities. It's kind of addictive. But even if you're not ready to make a giant life change yet, start with simple things like try a new restaurant, learn new hobby or visit a new city. Better yet, start from the inside – whatever mental, emotional, or spiritual changes you'll take to do so you can keep moving on?2. Want to feel a greater sense of purpose Do you jump out of bed every morning excited or keep pressing nap on your alarm? Are you spending too much time watching Netflix, rolling the abyss of social media or other unhealthy activities? These are some signs that you may need to rediscover the purpose of your life. Work can also be a great source of energy in our lives. If you lost your job or had to close your business, expect your physical and/or emotional energy to be low. Grief requires energy. Be nice to yourself. A great way to drive meaning and purpose in my life is to help others. That's why I dedicate so much of my time to helping entrepreneurs realize their dreams. If you're struggling, call for help. It will help you and the person who has the honor of helping you. Your request gives you a purpose! Pro Tip: To rekindle your sense of purpose, take an hour a day and commit to doing something new. And I mean really new. Give your time to cause your care, do something gentle to someone else, learn to master a new skill. One of my friends does it for Meals on Wheels every Saturday morning and when he calls me afterwards he feels happier and more fulfilled. Commit to trying something new that you've always wanted to learn. Take an online poetry class, a creative writing class, or an art class. Learn a new language, grow a garden or stay physically. The world is your oyster.3. Another thing in your life has just come to a natural endThere is a long-term relationship that has ended or you have just been fired, this may be a sign that a chapter of your life is closing. And when something's over, it means it's time for something else to start. That's positive. Choose to fill that space with something new, something that makes you feel energized and excited about the future. Related: Today Show Host Al Roker On How He Balances His Many HustlesEarly Sides This Year. I've undid as CEO of a global marketing technology company. While I've really enjoyed spending my time focusing on helping other entrepreneurs achieve business success while based in San Diego, this career change also makes it possible for me to pluck and relocation. And it's not the first time a job change has taken me elsewhere – shortly after I was fired from my job at age 20 in Los Angeles, I decided to move to Hawaii to begin my next chapter. I ended up starting my first company from my kitchen table, which totally changed my life. I later moved to San Diego, where I sold my first company, not once, but twice, and had two pairs of twins. Is it time for you to turn the page? The next may be the best so far.4. You feel like you're living in the pastIt's hard to look to the future when your environment and habits haven't changed in a long time. Time. You're not the same person you used to be... Then why are you still living the same life, day after day? Take a step forward and refuse to look back (unless it's to see how far you've come). My family and I made so many memories at our home in San Diego, but something inside me told me it was time to move on. I want to teach my children to embrace change, new places, new people and new opportunities. And I know that no matter how far away I am, the friendships I've made in San Diego (and around the world) will last a lifetime. If the word change paralyzes you, change the word and not your action. What do you want to add to your life? When a house gets too small people often build a small addition. Think about how you can add to your life to make room for more.5. It's been a long time since you've done anything, we've forgotten we have choices. Remember your power by making one. When you make a decision, you take control of your life and your destiny. So change careers, end up with your significant other if you're in a toxic relationship, start a new business, or move to Miami to be my neighbor – whatever it takes to shake things up in your life and remind yourself that you're in control. I'm excited to meet me and my family even better as we navigate this great change together. Life is short and the world is huge – it's time to broaden our horizons and go into the unknown. I admit that my move to Miami is a big life change. But if you know me, you know there's nothing I love more than a great adventure. I'm not suggesting that everyone move around the country – but I believe that making changes, big or small, is the key to improving your life. Change helps you learn, grow, and stay energized (maybe even a little scared). Change is also beautiful. If there was no change, there would be no butterflies! You have the power to change any aspect of your life. What is a big or small change you would like to make? No matter what might be holding you, feel the fear and do it anyway! Anyway, I'm going to go

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