

# THE WAY TO A FULFILLING FUTURE

Human-potential expert Nikki Bush addresses some of the most common questions around modern-day issues. Nikki is the author of *Future-proof Yourself*, which provides everyday lessons and frameworks to help you win at work and life.



## Q. How can you turn change into something positive?

**A.** While change can be uncomfortable, painful, or even downright paralysing and terrifying, it is also a doorway to growth and reinvention. The important thing is to be curious. I find that curiosity is the antidote to fear. Embrace the adventure into the unknown and look for surprises. “I wonder how today might surprise me?” is one of my favourite questions to ask at the beginning of each day. It is an invitation and, if you are aware and awake, by the end of the day you will always be able to write something down in answer to that one question.

## Q. Are change and loss an event or a process?

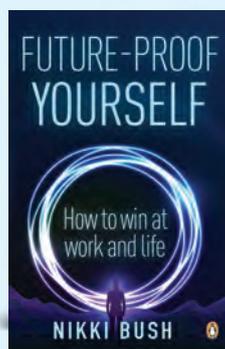
**A.** Initially it can feel like change is an event, a moment in time. But the event – whether it is an accident, a death, loss of a business, ill health, financial hardship or the end of a relationship – is actually the start of a process. What we have to remember is that processes take time to unfold. We are usually in too much of a hurry to get over things, to get through to the other side, and we don’t allow ourselves to feel fully and experience ourselves differently. It’s important to go to the dark places but to not get stuck there. Sometimes this means that we need to ask for support and make ourselves supportable and teachable. Sometimes it means becoming conscious of

our choices – allowing ourselves to be broken open instead of being broken. There is a big difference. Choosing life means embracing all the joy and pain it offers. We can also choose death, or living a half-life, by being a victim of circumstance. We always have a choice in any situation. Sometimes we need to reach out to the next-best choice we can make, and then the next, one step at a time. Even baby steps count.

## Q. Is work-life balance possible?

**A.** I am well aware that many people are battling with work-life balance (pre-pandemic and now) precisely because they see themselves as two different people at home and at work that are disconnected from each other. I strongly believe that home and work merely provide different avenues for self-expression. One of the core pillars of my work is to help individuals to see themselves as one, integrated person who is able to bring their whole self to the fore both at home and at work, and who is consistent in both teams.

Work-life balance is a myth. There will be long ‘to-do lists’ in both areas of your life. You will very rarely be in perfect balance. Rather aim for dynamic balance, which means the see-saw of life will be tilted one way or another, but as long as it is moving, you’re okay. Aiming for perfect balance is a fruitless exercise. Wherever you are in your life, you are either parenting others – at home or at work – or parenting yourself. This is self-leadership. Aim for workable, not perfect! 📌



*Future-proof Yourself* is out now.