

Progress is impossible without  
Change.

## "Outline."

### 1- Introduction:

1a- Meaning of progress

2a- Meaning of change.

3a- Progress is impossible without change essentially means that to move forward and achieve improvement in any area of life, one must be willing to embrace change and adapt to new situations, as staying stagnant will prevent any advancement; this idea is often attributed to the quote by George Bernard Shaw, "Progress is impossible without change, and those who cannot change their minds cannot change anything."

Thesis statement: Centuries ago, people believed in a flat Earth, and that the horizon was the end of the world, but with time and evidence, people

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changed their minds. The old ideas and beliefs finally died out. Today, everyone recognizes the roundness of Earth and the Sun which is at the center of Solar system as well as the galaxy, the Milkyway.

## 2- Progress and change go hand in hand:

2a- One thing is sure that progress is impossible without change. Nothing remains forever.

2b- Most people resist change as it requires getting out of comfort zones.

2c- Stepping out of comfort zones makes one move beyond the current status. This requires changing mindset and belief system.

## 3- Change bringing progress on an individual level:

3a- importance of change for personal growth

3b- overcoming fears and embracing new opportunities like learning a new skill or adapting to a new environment.

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3c - Change fuels personal transformation through self-reflection and changing comfort levels.

"Be the change you wish to see in the world." (Mahatma Gandhi)

#### 4 - Change as the driving force behind societal progress:

4a - historical movements for equality and justice including abolition of slavery, women's suffrage, prophet Muhammad (PBUH) farewell sermon.

4b - Cultural shifts fostering inclusivity and diversity.  
example: paternal leave in Sweden, menstrual leave policy in Japan and Indonesia.

## 5- Change fuels innovation and technological advancement:

5a- Scientific breakthroughs are a result of embracing new ideas such that the transition from traditional to renewable energy sources.

5b- Change might be a good cure to stagnation.

Companies resisting change are failing to adapt transformation lags behind or become outdated - Kodak.

## 6- Change and Global Challenges:

6a- Switching towards sustainable practices for environmental problems.

6b- Addressing pandemics and global crises through adaptability. During the pandemic of Covid-19, rapid development of vaccines is one of the ~~most~~ ~~not~~ notable examples.

## 7- Conclusion:

Progress and change are inseparable, embracing change is the key to building a better future.

# The Essay

Progress, in simpler words <sup>means</sup> moving beyond the point of origin. While change is transformation and can also be defined as an impactful difference. The change can be notable while on the other hand be unnoticed. Progress is impossible without change, essentially means that to move forward and achieve improvement in any area of life. One must be willing to embrace change and adapt to new situations, as staying stagnant will prevent any achievement; this idea is often attributed to the quote by George Bernard Shaw, "Progress is impossible without change, and those who cannot change their minds cannot change anything."

Centuries ago, people believed in a flat Earth, and that the horizon was the end of the world, but with time and evidence, people changed their

minds. The old ideas and beliefs finally died out. Today, everyone recognizes the roundness of Earth and the Sun which ~~revolves~~ is at the center of solar system as well as the galaxy, the Milky way.

One thing is sure that progress is impossible without change. Nothing remains <sup>the same</sup> forever. No matter what is done, nothing is permanent and remains the same forever. To move beyond a certain situation or level requires getting out of the comfort zone. Most people resist change as it requires getting out of one's comfort level and the reasons are plenty. It can be fear of losing the status quo, losing control or merely distress of losing company. Progress can only be made by changing the mindset and belief system. Thus, the fact that progress and change go hand in hand cannot be denied.

Such a change that brings progress on an individual level is also referred as personal growth. The <sup>topic of</sup> importance of change for personal growth is undebatable.

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Progress on an individual level or personal growth varies from person to person. These changes include as small as fixing a sleep schedule or something big like mastering the management of emotions. Personal growth requires overcoming fears and embracing new opportunities that may involve learning a new skill or adapting to a new or different environment.

Change fuels personal transformation through self-reflection and changing comfort levels.

As Mahatma Gandhi would say, "Be the change you wish to see in the world."

There's no denying to the fact that progress is impossible without change as can be seen that change is the driving force behind societal progress. Societal progress through change is evident throughout the history. Historical movements for justice and equality including

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abolition of slavery, women's suffrage and formation of United Nations are a testament of change bringing societal progress. One of the major landmarks in the history of human rights is the farewell sermon of Prophet Muhammad (PBUH) which is quoted as:

"All the mankind is son of Adam, no Arab is superior over a non-Arab and a non-Arab is not superior over an Arab. A black is not superior over a white nor a white is superior over a black."

This historical sermon serves as a cornerstone in Islam and Muslims all over the globe abide by this sermon. <sup>However,</sup> Cultural shifts foster ~~inclusivity~~ inclusivity and diversity which binds a society. One of the recent trends surfacing worldwide is the menstrual leave policy in Japan. The menstrual leave policy trend started in <sup>1922 and</sup> 2017 when Zambia became the first African country to provide adequate

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time off for female employees. Later following up by countries including Indonesia, Japan, Spain and India.

Such policies are the fruit of change ~~lead~~ feel by a society.

To add in many of the perks of change, it is quite evident from history and recent times that change also fuels innovation that leads to technological advancements. Scientific breakthroughs are a result of embracing new ideas such that the transition from traditional to renewable energy sources that are environment friendly.

Recent climate change themes noticed around the world like that of melting of ice in Antarctica, wildfires in Amazon forest made humans

think of shifting traditional energy sources to renewable energy sources that include hydro power plants, solar projects which have been able to bring significant improvements in ~~climate change~~ global warming trends. Similarly, to promote

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sustainability in the spaceships and rockets - a company named "Space-X" is also launched that aims transport of cargo to and from space as well as making space flights more affordable. Change is also known to be a good cure for stagnation. Companies that resist change and fail to embrace transformations lag behind and then eventually become outdated.

Kodak, a pioneer in the photography industry of the ~~cent~~ 20th century is now considered outdated. The key factor of Kodak's downfall is its inability to innovate in the era of digital photography. And the list of companies or brands goes on which have not been able to adapt to the changing market.

The world is now witnessing several impactful changes in order to ~~tackle~~ tackle global challenges. The pandemic that hit the entire world in 2019 is famously known as the Covid-19 which brought a havoc in

many people's lives. ~~The~~ The covid-19 would have brought several more ~~challenges~~ challenges if the health specialists did not innovate a target vaccine aimed to control the spread of this disease. The innovation of its vaccine thus became the need of that hour. There could have been much worse disasters if the vaccines and its control measures were not adopted in time. Similarly, the adoption and implementation of human and environment friendly practices to reverse the damages of global warming are also in work. Therefore, the importance of change in times of global challenges is undeniable. It is easier said than done but global challenges require impactful change to save Earth from devastation.

To conclude with, it is true that nothing in life remains the same and thus require change to make progress. At first, the idea of change seems a bit challenging

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as progress looks far-fetched but ~~once~~ it is proved that one step towards change leads to unimaginable progress. Change fuels personal growth that eventually leads to the betterment of society. Progresses lead by change in technological areas are undeniable as seen in the innovation of biofuels that were previously considered as trash, but now the use of biofuels have put significant less strain on the limited supply of fossil fuels. There is no denying in the fact that progress and change are inseparable as embracing change is the key to building a better future. Hence, the quote by George Bernard Shaw that "progress is impossible without change" is very much true and certainly the need of all times.

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