

ESSAY:-

You cannot step twice in  
the same river

1. Introduction

Significant factors prove that embracing change in individuals' life is prudent to pave their path smoothly. However, few major factors pose challenges in paving the path for individuals. Specific suggested measures can mitigate these challenges.

2. The constructive role of embracing Change - ~~an~~ overview

3. Cases that prove that embracing change in individual life is necessary:

a. Student must embrace learning of new things to get diversified knowledge.

b. Businessman should embrace new ideas for better prospects of business.

c. Athlete should embrace new modes and techniques of training for better performance.

d. Parents must acknowledge new ideas of mentoring children for better parenthood.

e. Teachers should embrace modern pedagogy methods for quality interaction with students.

f. Leaders must acknowledge innovative ideas for enhanced social mobility in their followers.

4. Factors that affect embracing of change in individuals.

a. Fear of risk

b. Comfort zone

5. Suggested measures to overcome these challenges.

a. Practicing experimental mode to reduce fear.

b. Focusing on rewards of leaving comfort zone.

6. Conclusion.