



## When nothing is certain, everything is possible

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Almost all human beings don't like uncertainty. And the phrase, "don't like uncertainty" can be an understatement. A lot of people are terrified of uncertainty. If you are someone whose life has been unpredictable, tumultuous, and even traumatic from the very beginning, uncertainty is usually even more unbearable. It is a state to be feared.

The most important task for us as human beings is to survive. It is how our brains are wired. Despite suicides, which are usually the result of depression which is an illness, we want to live more than anything else. And certainty makes it more likely we will survive. With certainty we can be sure of food and water. If nothing changes, then what worked yesterday will work today and tomorrow. With certainty our shelter will remain in place. With certainty our social needs and need to belong to groups will be assured. So, yes, we love certainty. It makes us feel safe and secure and consequently at peace and calm.

The world we live in, has other ideas though. As we have innovated and grown and progressed as a society, so we have increasingly created an uncertain world for ourselves. If you want to make the most of the opportunities that come from uncertainty, then you need to find your place of peace. And go back to your true, authentic self. Below are some points on how to deal with uncertain times.

1. Uncertainty does not mean death. Our brain might think it does, but it doesn't. It may mean the death of what you knew, but it is not death.

2. You have abilities and potential you do not know. No one ever dies having used all their potential. The untapped potential in humans is vast. This is the time to tap into your potential. Start dreaming again. Start noting what makes you come alive. Start noticing what is important to you. Start noticing what you are drawn towards. Let your imagination lead you to undiscovered places.
3. Find different sources of information. Change the people you spend time with and engage with different media and reading and visual resources. You want to be feeding your mind with new ideas.
4. Change your thinking. As you catch yourself thinking a thought, ask yourself, “what if I thought the exact opposite of this?”. And then do that and see where it leads you. Start turning everything on its head.
5. Go back to your values. In times of uncertainty values can be quite grounding. Know them and let them guide you. They are your compass in uncertain times.
6. Nothing that has ever been achieved has been done in totality by one person. Great scientists, artists, businesspeople, have all achieved what they did because of the work of those before them. In times of uncertainty, more than ever, we need to lean on one another, support one another, encourage one another, and challenge one another to become better than ever.
7. If you see uncertainty as only leading to negative possibilities, then you have forgotten you have agency. You can act on your world and shape it. Especially in your local environment you can shape your world a lot. You are not passive, and you are not necessarily at the mercy of circumstances. You can act and create what you want. Let the uncertainty lead you to places and people you may never have considered before. Sometimes uncertainty, is in fact, a gift.

I want to leave you with a quote from the book, “The Art of Possibility”, written by Rosamund and Benjamin Zander:

“A shoe factory sends two marketing scouts to a region of Africa to study the prospects for expanding business. One sends back a telegram saying,

SITUATION HOPELESS STOP NO ONE WEARS SHOES

The other writes back triumphantly,

GLORIOUS BUSINESS OPPORTUNITY STOP THEY HAVE NO SHOES”