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Tuesday, 10 January 2012 15:31 - Last Updated Thursday, 21 June 2012 16:18

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**One thing for certain in life is change. We all know it happens.**



Change is a very scary thing for many of us, and it is human nature to be scared of change. Change is not something we like or embrace or celebrate. However, without it, we would not grow and experience the better things in life. Recently, I had many people from the past come into my life and be there for support and guidance like angels. Sometimes, I wonder why all this is happening. There must be a reason—not just a coincidence.

Why do certain people enter our lives at certain times and make a life-lasting difference? There was a reason behind them being in our lives at that time and moment. Change can be a scary thing but every time it has happened to me, it always has worked out for the very best. At first you wonder what if I did this or turned this way or did not meet this person. I am realizing that everything happens for a reason, and I cannot look back at the past and live with regret. I can only be thankful for what I have today and live for today and know tomorrow is never guaranteed. There are so many choices we all make in life, and it is our choices that make us who we are today. Every choice we make affects the outcome of our lives and, in the end, we all just want to be happy and live a fulfilling life.

I would like to congratulate every Woman Who Moves the Valley in this issue for the choices she has made and know that we all have stories about courage, change and challenges. It is how we face the change that shapes us today into the people we are. We must change, accept our past and welcome new people into our lives. It is important to be happy, make ourselves better people and help others feel good about themselves. I learned a simple way I plan on living my life in the New Year from one of the honored women. She said, "Anyone you have in your life should make you be a better person and bring out the good in you. If not, then you are not with the right person." That is a simple wisdom, and I plan on making changes to my circle of friends. I want to bring out the best in my friends and them to bring out the best in me. I encourage you to take a step back and ask yourself the very same question: Does this person bring out the best in me?

I know I am ready for change and know that I am already blessed with the new people who have entered my life. Although I am a little scared, I know the best is yet to come. A new year can come with change and, if you ever need someone to talk to, I would love to hear from you. (My e-mail is [mdee@azfoothills.com](mailto:mdee@azfoothills.com).) I want to bring out the best in people and receive the same support in return.

One person who brings out the very best in me is my son, Spencer, who has taught me patience and, in his own words, given me so much wisdom and ability to really look at life and know that change can be a very good thing. I love you, Spencer, and know that it is my job to bring out the best in you as you do for me.

This is going to be a great year, and I am ready to experience it and wish you the very best.

**Michael S. Dee**

*President and Publisher*

**"Live Simple. Love Lavishly"**

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"We are always open to comments and new ideas" says Michael Dee of Arizona Foothills Magazine.