

recent changes

| | improved something | solved a problem | biggest game changer | hardest to accept |
|--|--------------------|------------------|----------------------|-------------------|
| <i>intentional</i> <i>(I made this change)</i> | | | | |
| <i>circumstance</i> <i>(not under my control)</i> | | | | |

BECOMING A CHAMPION OF CHANGE

- ✔ Shift from balking to belief
- ✔ Trust in yourself to adapt/cope/grow
- ✔ Challenge resistance (yours and others')
- ✔ Ladder out 6 days / 6 months/ 6 years