



Get more of what you want and less of what you don't, both personally and professionally.

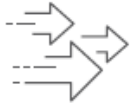
Change

"If we don't change, we don't grow. If we don't grow, we aren't really living."

-Gail Sheehy



STEPS TO SUCCESS



PERSONAL PLAN

You Got This. Stress can magnify the uncomfortable feelings that come with change. It is important to recognize this, so the next time it happens you can take a deep breath, smile, and say "I got this!"

Change is Constant. No single day will be the same as the next, everything is constantly fluctuating and changing.
Embrace it!

Be Present. Time is always moving, and soon this moment will be a distant past. Be mindful and present in each moment. Write down what you are grateful for in your current situation.

Embrace Longing. It is okay to miss how things used to be before a change occurred! Reminiscing means that the past was meaningful. Write down three things that you miss from your past and why they were meaningful and impactful to you.

It Makes Us Better. Think of a situation from your past when a large change occurred. Rather than dwelling on it, take a step back and reflect on what you can learn from this experience to help guide you in the future. Write it down.

Focus on the Solution. Reflect on a situation of change that upset you. Recognize your anxiety and frustration at the situation for 20% of your time and focus on a realistic solution and practical advice for moving forward the other 80% of your time.

Scary and Exciting. Change is both scary *and* exciting and reminds us that we are alive! Change will never cease, so celebrate it!



No matter how small your step, as long as you take it in the right direction, that's Positive Forward Motion.