

CHOOSE *Change*

01 RELEASE THE RESISTANCE

1 Overcome Resistance

Change succeeds once resistance is solved.

2 Be Proactive

Proactivity is the antidote to resistance.

3 Tell a New Story

Your relationship with change is a reflection of the story you tell.

What changes are you resisting in your life or within the workplace?

02 PAVE THE PATH

1 Define Your Future

When you define the future you want to create and have a clear vision, you can be confident that the changes you're making align with that future.

2 Identify Opportunities

Understand where your current situation misaligns with your future vision.

3 Move Toward Alignment

Use your opportunities to highlight the changes that move you toward complete alignment.

What does your desired future look like, and where are you misaligned?

03 SIMPLE IS POWERFUL

1 Embrace Incremental Shifts

Small shifts make a huge difference.

2 Change Is Not All-or-Nothing

If you think change is all-or-nothing, choosing change is going to feel like a choice you never want to make.

3 Choose Change as a Way of Life

When you believe in the power of small shifts, you choose change as a way of life.

What small shifts are you avoiding that you need to make?