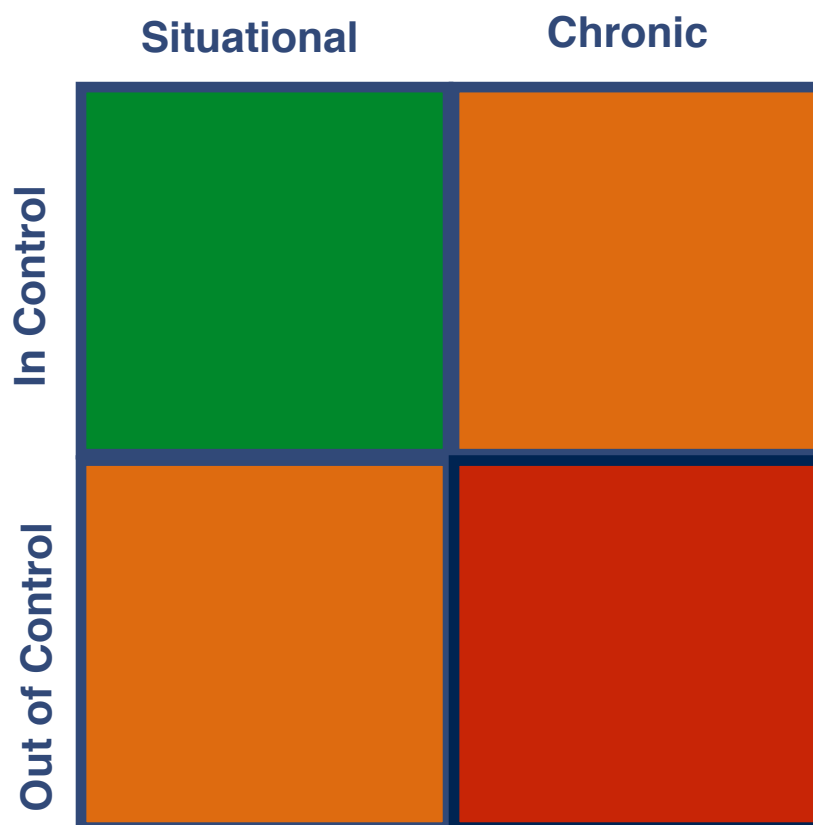


STAYING BALANCED THROUGH CHANGE

WHAT IS ONE KEY CHANGE YOU ARE EXPERIENCING IN YOUR LIFE RIGHT NOW?

WHICH OF THE FOLLOWING QUADRANTS DOES THAT CHANGE FALL INTO?



HOW IS THIS CHANGE AFFECTING YOU...

STAYING BALANCED THROUGH CHANGE

HOW ARE THESE CORE BLOCKS TO CHANGE PREVENTING YOU FROM EXPERIENCING BALANCE IN YOUR LIFE? WHAT ARE STEPS YOU CAN TAKE TO OVERCOME THEM?

Expecting Permanency...

Not Seeing Our Choice...

Overthinking...

Fear...

WHICH COPING MECHANISMS ARE YOU USING TO NAVIGATE THIS CHANGE?

Avoidance

Resistance

Escaping

Controlling

Other

STAYING BALANCED THROUGH CHANGE

HANDLING CHANGE TO RESTORE BALANCE *RELEASE & RECOMMIT - FOR CHANGE OUT OF YOUR CONTROL*

1 Reset & Release

Notes:

2 Redefine

Notes:

3 Recommit

Notes:

STAYING BALANCED THROUGH CHANGE

HOW CAN YOU USE THE INFORMATION PROVIDED IN TODAY'S CALL TO MANAGE YOUR KEY CHANGE WITH A GREATER SENSE OF EASE IN EFFORTS TO RESTORE YOUR SENSE OF BALANCE FASTER?

WEEKLY ASSIGNMENTS

1

WEEK ONE: STAYING BALANCED THROUGH CHANGE

COMPLETE WORKBOOK PAGES 1-4, THEN ANSWER THE QUESTION BELOW.

End-of-week reflection:

WHAT ARE THE MOST CHALLENGING ELEMENTS OF MANAGING CHANGE? HOW DOES YOUR ABILITY TO MANAGE CHANGE AFFECT YOUR SENSE OF INTERNAL BALANCE?

2

WEEK TWO: OVERCOMING BLOCKS TO CHANGE

SELECT ONE OF THE CORE BLOCKS TO CHANGE AND PRACTICE THE WEEKLY EXERCISES SHARED DURING THE TRAINING:

BLOCKS:

- Expecting permanency
- Not seeing our choice
- Overthinking
- Fear

*Select an exercise and write it in the space below:**End-of-week reflection:*

WHAT ARE YOUR KEY LEARNINGS FROM THIS WEEK'S EXERCISE

WEEKLY ASSIGNMENTS

3

WEEK THREE: REFLECT ON WHERE THERE'S POTENTIAL TO GROW

REVIEW YOUR NOTES IN THESE WORKBOOK PAGES, THEN CONSIDER THE BELOW QUESTIONS.

End-of-week reflection:

WHERE CAN I TAKE A HIGHER LEVEL OF ACTION WHEN IT COMES TO NAVIGATING CHANGE?

WHAT IS THE GREATEST LEARNING FROM THIS TRAINING WHEN IT COMES TO BETTER MANAGING CHANGE TO RESTORE BALANCE FASTER?

BASED ON LEARNINGS FROM THIS TRAINING, THE NEXT TIME I FACE CHANGE, I WILL...

1)

2)

3)