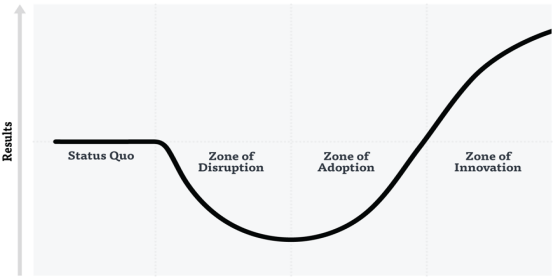


Reflection guide: Adapting to change

Change often happens so fast that we don't pause to assess the situation in a balanced way. But when we do, we're better equipped to adapt to the change. Jot down your answers to the prompts below to reflect on how you're responding.

Date:	Company change:
1. Which zone am I in for this change?	
2. What do I understand about why the change is happening and what it means for me?	
3. What do I not yet understand about the change?	
4. How could I benefit from the change?	
5. What are the obstacles, thoughts, or feelings that could keep me from embracing the change?	
6. In order to adapt to the change, what should I start doing, stop doing, and continue doing?	
7. How can I measure or hold myself accountable to know whether the change is successful?	
<p style="text-align: center;">What one to three actions can I take to help myself adapt to the change?</p> <p><i>For example: Ask my manager more about the rationale behind the change or have a conversation with a peer about how the change will affect our recurring tasks.</i></p>	