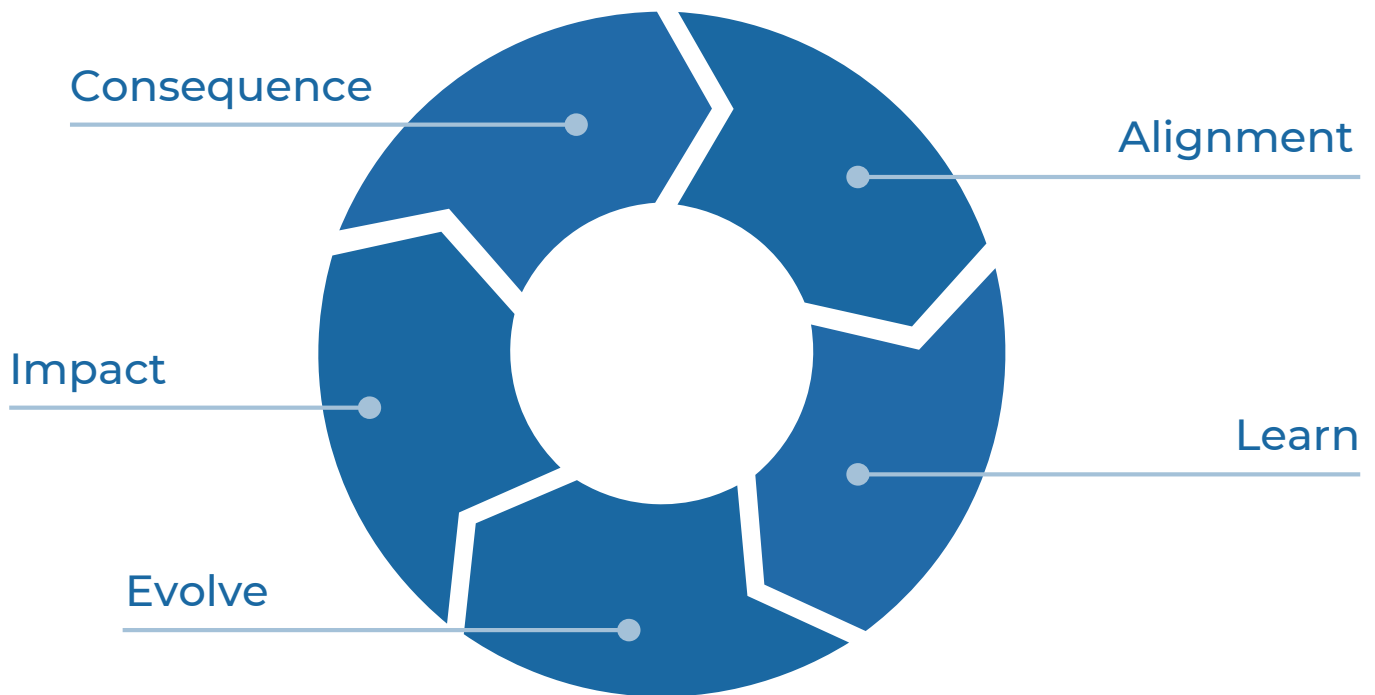


CHANGE CYCLE



CHANGE CYCLE

STEP #1: WHAT IS ONE CHANGE YOU'VE BEEN CONTEMPLATING? WHY ARE YOU CONSIDERING THIS CHANGE?

STEP #2: DEEPER DIVE. Take time to reflect on each of the questions and write down as much as you can.

DOES IT ALIGN WITH MY CORE VALUES?

WHO WILL BE IMPACTED BY THIS CHANGE?

WHAT WILL I LEARN FROM THIS EXPERIENCE?

WHAT'S THE CONSEQUENCE IF I DON'T MAKE THIS CHANGE?

HOW WILL I EVOLVE FROM THIS OPPORTUNITY?