Transitions and Transformations:

Thriving in the Midst of Change

Activity Sheets

Module #1

Facilitated by:
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and
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Worksheet # 1 – “Pick a Card”

<table>
<thead>
<tr>
<th>For me, the idea of change most closely resembles the season of…</th>
<th>A movie that is most like my view of change would be…</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Winter</td>
<td>□ Summer</td>
</tr>
<tr>
<td>□ Spring</td>
<td>□ Fall</td>
</tr>
<tr>
<td>… and here’s why:</td>
<td>… and here’s why:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>For me, change is like the meal of…</th>
<th>When having to deal with change, I am most like which animal?</th>
</tr>
</thead>
<tbody>
<tr>
<td>… and here’s why:</td>
<td>… and here’s why:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>A television show that is most like my view of change would be….</th>
<th>A song that is most like my view of change would be…</th>
</tr>
</thead>
<tbody>
<tr>
<td>… and here’s why:</td>
<td>… and here’s why:</td>
</tr>
</tbody>
</table>

Notes:
Transitions and Transformations - Thriving in the Midst of Change

Worksheet # 2 - Transitioning through Change

In the process of transitioning through change, we have to let go of how things used to be and go through a time of uncertainty and confusion in order to arrive at a place where there’s a new beginning. To let go of the old and to enter a time of uncertainty can be difficult, but this time in the “Neutral Zone” is the necessary bridge we must go across in order to arrive at a new beginning.

Notes:

Three Phases to Transitioning through Change

PHASE #1:

PHASE #2:
Worksheet # 2 - Transitioning through Change
(Continued)

PHASE #2 (cont.)

Four reasons “The Neutral Zone” feels terrifying:
1. 
2. 
3. 
4. 

Four reasons “The Neutral Zone” feels exciting:
1. 
2. 
3. 
4. 

Remember:
Going through the “The Neutral Zone” takes _________________.

PHASE #3:
Worksheet # 3 - “What change is happening to me?”

We periodically reach points in our lives where what used to work for us no longer serves us and is no longer what we need going forward. Identifying what we need to ‘let go of’ can help us deal with change more quickly and efficiently. Again, change requires us to let go of something before there can be a new beginning.

Think about a recent change you have experienced in some part of your life, whether…

~ Personal ~ Career ~ Relational ~ Physical ~

Ask yourself these two questions:

1. What might I need to let go of in order to move forward from this change?

2. And if I let go, what new beginning might be waiting for me?

Remember that the act of letting-go is an acknowledgment that something has ended. This is a necessary step for something new to take its place.

Transitions and Transformations- Thriving in the Midst of Change
Additional Thoughts:

1. What are some new thoughts I can embrace about change?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

2. What is in area in my life where I can shift my perspective about change?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

3. What is something I can do to accept change in my life?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

- Name something that this program has helped you to improve. Give at least one detailed success story.

- What are the positive consequences of this improvement in your life?

- What new perspective have you been able to own as a result of this teleseminar?

- What one or two things do you want to continually focus on?