

Navigating Change Checklist

The next time you are navigating change, do differently. Here are 12 ways you can turn negative thoughts into powerful questions, shift your perspective and influence your experience.

Take Inventory: Make a list of changes you have already been through. Write beside each one what you learned.

Check Your Story: What are the facts and what is the story you are fabricating in your mind? Separate the collapse and respond to the facts. This reduces emotion, drama and suffering.

Don't Believe Everything You Think: Examine your thinking. Trade-up your thinking to increase your mobility.

Choose Your Focus: It's easy to get focused on the downside of the change. What is the upside?

Take Your Own Advice: What advice would you give to a dear friend in your situation? What if you applied this same advice to your current situation?

Shrink or Expand? What thoughts and actions cause you to shrink? What thoughts help me to expand?

Shift Control: Make a list of all the things you are worried about. Now, cross out all the things you can't control and focus on the things you CAN control.

Expand Your Perspective: What will you think about this 1 month, 1 year, 10 years from now?

Do Differently: What is your default reaction? What could you do differently in this situation that would move you closer to what you actually desire?

Step Forward and Look Back: Imagine you are 90 years old, happy, healthy and in your rocking chair. What advice would you give to yourself now?

Align your Actions to the Ideal Outcome: What is my desired outcome? What one step can I take that would increase the likelihood of that outcome?

