



Tip sheet #1

10 tips for navigating through change and inviting transformation

Tip #1 Understand how you react to change and find balance.

Are you naturally curious and are made curious by change, or do you get caught in a thinking trap of negativity?

Tip #2 Keep it simple: eat, sleep, and manage your energy.

What activity at the start and end of your workday grounds you, before you offer yourself to others?

Tip #3 Activate self-awareness rather than self-judgment.

How are you, *really*?

Tip #4 Do a self-inventory to reflect on who you are, what you want, and where you are needed.

What is your why?

Tip #5 What kind of impact do you want to have in your life, your profession, and/or the world?

How do you measure your impact?

Tip #6 Develop a personal accountability mechanism.

Who or what do you answer to?

Tip #7 Develop a community of practice.

Who are your people?

Tip #8 Incorporate strategic foresight into personal and professional spheres.

What is your plan?

Tip #9 Beware of cynicism and creative U-turns.

How might you be challenged?

Tip #10 Mindfulness matters, so schedule it.

How are you connecting with yourself?