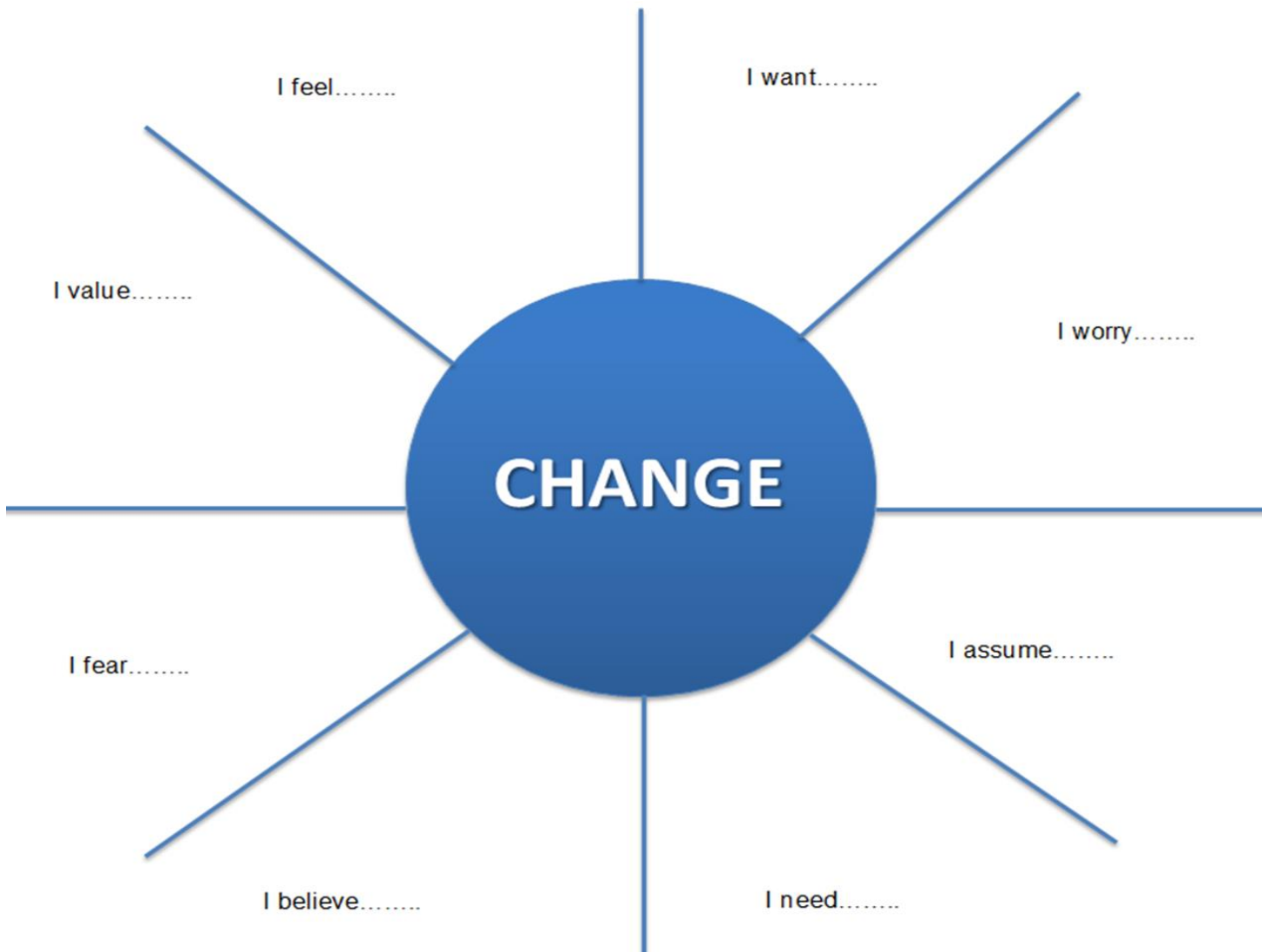


CHANGE YOUR MINDSET ACTIVITY: In the center circle, identify the personal change you are experiencing. Then complete the sentences around the wheel to help you reflect on your current change mindset.



Reflect on the following questions:

1. How does my current mindset influence my decisions and actions?
2. What aspects of my mindset contribute to my ability to deal well with change and what aspects of my mindset limit my success?
3. How aware am I of my own effective and ineffective ways of being during this time of uncertainty?
4. How can I take personal accountability for my experience during this change?