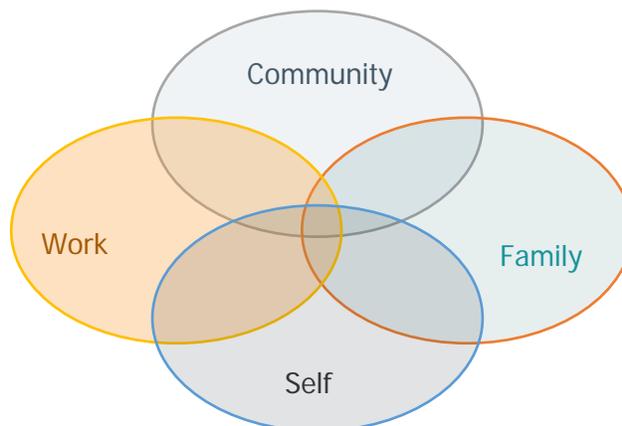


Managing Multiple Changes



Changes in your world

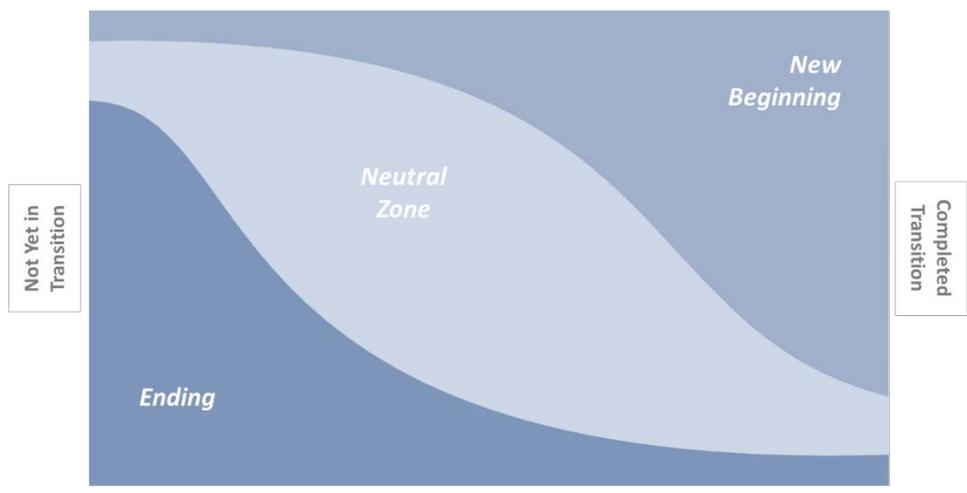


Past 12 months	Currently	Next 12 months	Category (work, life, family, self)	Who is affected? Who can help me?

Notes

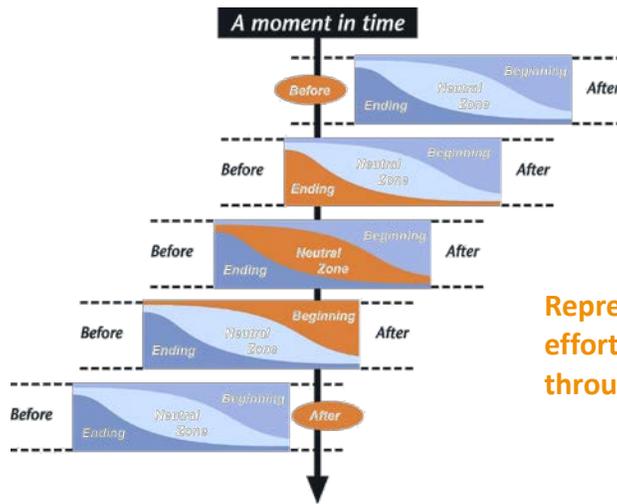
Locate yourself in transition

Identify a change and put an "X" on the transition map indicating where you believe you are right now in your own transition. Write down today's date and revisit monthly.



Notes

Identifying Multiple Changes



Represents the multiple change efforts you might be going through.

Building resilience

	Reactions	Healthy actions
Physical		
Emotional		
Intellectual		
Spiritual		

Notes

