



# Relationship with Change

This page offers some prompts and questions that help us reflect on our relationship with change (in our work and in our lives). Take some time with these questions, and either write down some thoughts here or use a notebook or journal to record your thoughts. Come back to this a few times.

## REFLECT...

How comfortable are you with change?

What kinds of change do you enjoy? What kinds of change are difficult?

What are some change-related challenges you are experiencing now?

*“All that you touch, you Change. All that you Change changes you. The only lasting truth is Change.”*

-Octavia Butler