

## **3 Tips About CHANGE You Can't Afford to Miss**

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### **Worksheet - "What change is happening to me?"**

We periodically reach points in our lives where what used to work for us no longer serves us and is no longer what we need going forward. Identifying what we need to *'let go of'* can help us deal with change more quickly and efficiently. Again, change requires us to let go of something before there can be a new beginning.

Think about a recent change you have experienced in some part of your life, whether...

**~ Personal ~ Career ~ Relational ~ Physical ~**

Ask yourself these two questions:

1. What might I need to ***let go of to move forward*** from this change?

2. And if I let go, what ***new beginning*** might be waiting for me?

Remember that the act of letting-go is an acknowledgment that something has ended. This is a necessary step for something new to take its place.