



My All-Good-Things List: Dealing with Change

WHAT ABOUT THIS CHANGE WILL BE DIFFERENT IN A GOOD WAY?

WILL/DID YOU LEARN SOMETHING NEW?

IS THERE AN OPPORTUNITY FOR GROWTH?

COULD THINGS BE WORSE? ARE YOU GRATEFUL THEY'RE NOT?

WHAT TOOLS DO YOU ALREADY POSSESS TO GET YOU THROUGH THIS?

WHAT ARE YOU LOOKING FORWARD TO?