

**MANAGE CHANGE WORKSHEET**

***Who Will Take Care of Me When I’m Old?***

Changes—big and small—can happen at any time. Use this guide to get clearer about the big picture and to ease into the transition process.

In time, what you write about today, with the help of this worksheet, will serve as a stepping stone to managing future challenges.

Let your answers to the following questions sink in. These are tough questions. Be kind to yourself. You deserve time and space to heal.

**The Situation**

Define life *before* the change

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Define life *after* the change

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What am I saying good-bye to?

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What am I saying hello to?

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How will the change negatively impact me?

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How will the change positively impact me?

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Who besides me is affected by this change?

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How will the change affect me a year from now?

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In what way has this change altered my assumptions?

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Looking back, what were the clues that this change was inevitable?

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**The Transition**

How am I feeling right now?

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What am I *not* in control of now?

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What am I in control of now?

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What don’t I understand or am still confused about?

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What am I impatient and anxious about?

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What are my greatest fears regarding this change?

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What am I resisting and resenting about this change?

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What lost opportunities am I ashamed, angry, sad, or remorseful about?

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What are the positive effects of this change?

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**Launch of Growth and Learning**

What was my role in why this change took place?

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Which personal relationships are doing me more harm than good right now?

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Which professional relationships are doing me more harm than good right now?

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What advice would I give a good friend who is going through a similar situation?

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Who was I before this change occurred?

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What are some creative ways to say good-bye to the “old me?”

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What will it take for me to accept that I may never completely understand or accept this change?

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Overall, what is the lesson in all this?

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How will I grow from this experience?

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What new opportunities are available to me now?

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What is one thing I can realistically do right now during this stage of the transition?

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Who can I lean on for support during this transition?

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