## Navigating Change in Challenging Times

## My Change Plan

Identified Change:	
What phase or phases am I currently exper	iencing in William Bridge's Transition Model?
How am I currently responding to the char	nge? What are my stress responses?
What am I losing?  Work, personal, or cultural identity Power/influence Relationships Meaningful work Competence Other:	□ Status □ Control □ Memberships □ Routines/structures □ Work or personal future □ Other:
Are there ways I can compensate for my lo	osses?
What is within my control and/or what can	I influence?
What do I need to let go of?	
These are current and/or possible supports:	
These are the specific actions I will take to	naviaate this change:

