



# Leading Change From Within

**HOW DO YOU RESPOND TO CHANGE?**  
*Reflect on a recent change you experienced at work or in life and enter the details below.*

*Rate your flexibility to the change by circling one of the words on this spectrum.*

Focused \* Firm \* Adaptable \* Accommodating \* Welcomes Change



**WHAT MATTERS MOST TO YOU IN YOUR LIFE?**

*List your personal core values.*

*How did this recent change align or misalign with your core values?*



**BARRIERS TO CHANGE**

*Which of the human needs did you satisfy?  
What unconscious bias - assumptions or beliefs - came up for you?  
What fears did you experience?*



## DEFINE YOUR STRENGTHS

*What are you good at? What value do you bring?*

*How did you use your strengths during this recent change?  
What did it take for you to push through the fears and make the change?*

## KEY LEARNINGS

*What is your key learning from this experience?  
What did you learn about yourself?  
What would you do differently next time?*



## INSPIRED ACTION

*What is one thing you can do to apply the learning from this recent change?*

*Which of your personal core values will you strengthen for this inspired action?*

*When will you start? Who will be your accountability partner? How will you share your progress with your accountability partner? email / phone / meeting / text*



#FEELIT #WORKIT #LIVEIT

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