

Sample Plan of Action for *Times of Change and Uncertainty*

Understanding Yourself

When it comes to change,

- I react with fear and concern.
- I feel overwhelmed.
- I become resistant and focus on how things used to be.
- I realize that change is a natural part of life, I acknowledge my feelings and concerns then do what needs to be done.
- I look at it as an opportunity.
- I take time to understand what is taking place and look for ways to learn to learn and grow.
- I _____.

Following is a list of things I like to do that can reduce stress and help me to relax:

_____	_____
_____	_____
_____	_____
_____	_____

Insights into others

When it comes to change and uncertainty,

- I understand that people react and respond differently, depending on the situation.
- I realize that one's behavioral style affects how they respond to situations and treat them accordingly.
- I become frustrated with others.
- I expect others to rise to the occasion.
- I _____.

Below is an example of a time when I experienced change and/or uncertainty, along with how I effectively handled the situation.

I look for ways to use these skills, tactics and insights in my current situation...or modify them as appropriate.