

Navigating Change with Intention

Step1: Recognize - Increase Awareness

You can't change what you don't notice.


Reflection:

What's happening right now?

What am I feeling – physically, emotionally, mentally?

What is my automatic reaction?

Are there familiar patterns (thoughts, triggers, behaviors)?

 Notes:

Step2: Reframe – Shift Perspective

Change your lens, change your experience

Explore:

What story am I telling myself?

What else might be true?

What strengths or opportunities are hidden here?

How can I view this lens of growth or values?

 Reframe:

Step 3: Respond – Act with Intention

Move from reaction to purposeful action.

Choose:

What kind of person do I want to be in this moment?

What action aligns with my values?

What's one small, next step I can take?

 Chosen Response:
