

MY FUTURE CHANGE STORY

Identify a current or anticipated change event or program and work through this series of exercises related to the change.

Situation.

Briefly describe the change event or change program.

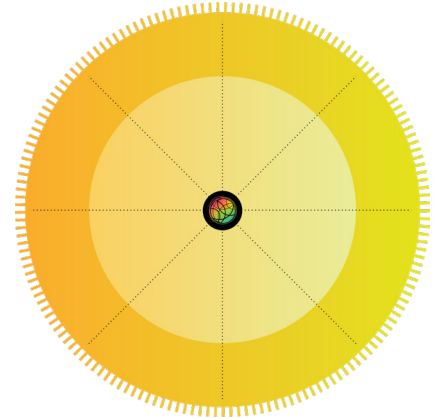
Emotional Signals.

What emotional signals are you experiencing in response to the change? Refer to the Emotions Wheel as a visual aid. Detail the thoughts that you associate with your emotional signals.

Emotional Signal	What inspired/is inspiring this emotion?	What thoughts are associated with this emotion?

Opportunity.

Chart the opportunities the change situation presents for you, along with the potential outcomes from each opportunity. Note each entry represents a segment on the Perspectives Wheel pictured to the right for reference. Consider engaging a trusted peer or mentor to help you identify additional opportunities and think through potential outcomes.



Opportunity	Potential Outcomes
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.....
.....
.....
.....
.....
.....
.....
.....

Choice.

Consider the opportunities you captured above. What will you choose?

Choice	How does this support your values?	How will you move forward with this choice?



How will I use the C.H.A.N.G.E. Traits® to enhance my ability to leverage my opportunity and lead through change?

Consider your strengths and your development opportunities.



Communicative

What will I do?	How will I begin?	How will I maintain momentum?
Who could help me? How?		



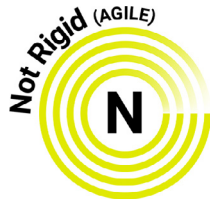
Hungry

What will I do?	How will I begin?	How will I maintain momentum?
Who could help me? How?		



Authentic

What will I do?	How will I begin?	How will I maintain momentum?
Who could help me? How?		



Not Rigid

What will I do?	How will I begin?	How will I maintain momentum?
Who could help me? How?		



Grateful

What will I do?	How will I begin?	How will I maintain momentum?
Who could help me? How?		



Empathetic

What will I do?	How will I begin?	How will I maintain momentum?
Who could help me? How?		

What story will I write of my experience with this change?

As you implement your Future Change Story, consider the work you've done here. What is your future change vision?

As you capture your vision, be sure to include specifics of your most desired outcomes (results achieved, connections made, capability built, feelings experienced, etc.).

As you implement your Future Change Story Vision, reflect back on what you captured and planned on the previous pages.

Describe what happened as a result. How will your results help inform your future choices?

