4 Types of Change Journeys

- Quick Hike Up a Steep Hill
- Long and Intense Climb
- Long, Steady Trek
- Pebble on the Trail

4 Levels of Traveler Motivation

- Yes
  - Embrace the opportunity.
  - Celebrate the win!
  - Run toward it.
- No
  - Resist the imposition.
  - Endure/accept the situation.
- Choice
  - Walk with purpose.
  - Dig in heels.
- Yes
  - Trudge along.
Thriving Through Change

- Self-Care
- Mindfulness
- Play