

Time to Discover Your Inner **CHANGE** ENTHUSIAST!

Thank you for engaging in my keynote!

Now that you've heard the concepts of Change Enthusiasm®, it's time to put them into practice. Please use the exercises below to begin integrating Change Enthusiasm® into your daily life. Cheers to maximizing the opportunity your change is presenting!

The Signal

Acknowledging and embracing your **Signal** Emotions as gifts inviting you into your opportunity to learn and grow.

In order to acknowledge these emotions, you first need to understand how they manifest through you. Think of a recent time where you've experienced the signal emotions of change and complete the self-reflective exercise below to inform this understanding. Feel free to populate the blank row with a 'growth-sustaining' emotion such as joy, excitement, gratitude, or anticipation and the relevant experience and responses

Signal Emotion	Experience Description	Physiological Response	Behavioral Response
Anger			
Frustration			
Grief			
Anxiety			
Fear			

The Opportunity

Explore what's possible to learn, grow, and evolve in this moment of **Opportunity**.

Complete the exercise below to dimension three ways a current change challenge is inviting you to learn, grow, and become better. As you populate, identify the growth-sustaining emotion(s) that particular opportunity inspires within you: joy, excitement, anticipation, hope, and/or joy.

The change that is inspiring the strongest signal emotion(s) within me is:



Opportunity

Inspired Growth-
Sustaining Emotion

This change
is inviting me
to learn about
(e.g. myself, my
business, my
colleagues):



The Choice

Consciously **choose** an action that will inspire a better feeling
and ultimately a better result.

Taking the outcome from the previous exercise, use the chart below to capture one action or more you're committed to taking to maximize the opportunities captured. Be sure to come back and capture the result of taking the action once completed. What feelings were inspired? How was your work experience impacted?

Growth Opportunity

Action

Growth-Sustaining Emotion

Result

Identify a partner who is completing these same exercises to connect with and discuss the outcome of completing these exercises.

My Accountability Partner

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