

## 4) I Master Change

“What is new begins to feel old”

“I like the new thing”

“I don’t focus on  
being worried”

“I am successful”

“I feel OK and  
happy”

## 3) Change Happens

“I try something  
new”

“I miss the old”

“I learn about the new”

“I establish routines with  
the new”

“This isn’t so bad, I can do this”

## 1) Change is Coming

“I don’t like change”

“I’ll miss \_\_\_\_\_”

“I feel worried”

“I don’t know  
what to  
expect”

## 2) I Prepare for Change

“I learn about  
change”

“I gather  
information”

“I ask questions but  
still worry”

“Will it be as good as \_\_\_\_\_”

“I sample change”

