

## The embracing change checklist

In summary, the secrets to embracing change are:

1. **Accept that change is inevitable.** It just is. End of.
2. **Accept that not all change is going to be 'good'.** But even 'bad' change needs to be embraced at some point so we can then start to look for the opportunities – and move on.
3. **Understand that all change is emotional.** Work out which emotional barriers you tend to erect and the tactics you need to adopt to overcome them.
4. **Be detached.** Detached from your negative thoughts, your emotions, your ego, your identity, your fears, your bad tribe.
5. **Create favorable conditions for change.** Be like the HENRY practitioners.
6. **Be your own Change Catalyst.** Your own consultant. Do your own analysis of the situation you are in, take stock of your personal strengths and build your own plan of action.
7. **Help others.** Helping others to navigate their way through change is not only a wonderful thing to do but it is also fantastic therapy for ourselves – and we usually learn as much, if not more, than the people we are helping.
8. **It's about attitude.** When big change arrives – even when it is forced upon you, remember that you are not powerless. Far from it. The one thing you can control is how you react. And this can make all the difference.

