Everyone responds differently to change. Some get excited about it. Others dread it. And still others just go along with it because there’s nothing much that can be done anyway. Your attitude about change is important as a leader. How you react to change determines the impact change will have on you. No one controls how you respond to change—just you. Think about the last change you went through—personal or work-related. What did you think and how did you feel about the change? Explore your thoughts and write them down.

- What was the change?
- What happened that made the change difficult or easy?
- What do you think you did well?
- What do you wish you had done differently?
- How did you deal with the change? Is this the way you usually deal with change?
- List three words that describe how you address change.
- What does this say about your ability to lead the organization through change?

Wrap up this activity with a thought: “Overheard in passing: one caterpillar saying to another as a butterfly flew overhead, ‘You’ll never get me up in one of those things!’”

What does the caterpillar’s comment tell us about change?

Learn all you need to know about adapting to change, because you never know when you will be the one “up in one of those things!”