

### **Exercise #3: ACTION PLAN SELF-INVENTORY**

What am I telling myself about the change? Is it based on fact, rumor or fear?

What do I want from this change? What would I like to see happen? What is the best that can happen?

What aspects of the change do I have some control over? What do I need to let go of?

What training opportunities do I need to take advantage of? What new skills do I need?

How can I profit from the ideas, experience and energy of others? Who, specifically?

What fears do I have about the change(s) facing me? What's my worst-case scenario?

What additional information do I need to better prepare myself for the change? Where can I get it?

What do I need to do to take care of myself physically and emotionally during this transition period?

**Exercise #3: ACTION PLAN SELF-INVENTORY (continued)**

Who can I talk to about my feelings and ideas?

What are my personal and professional strengths and limitations?