



Change

Action Planning Worksheet



Grounded in Type Intelligence™ skills, this worksheet turns self-awareness into action for navigating change.

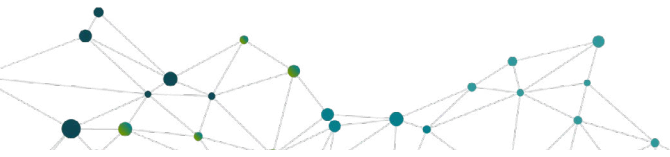
Your type preferences show how you naturally respond to change. Think about a recent significant change at work or in your life - what aspects felt most challenging for you, and how did that align with what your report says about your change style?

Review your Contributions to change during the start-up phase and when dealing with losses. Where might those same Contributions become overdone under the pressure of change, and what tends to get overlooked as a result? Which process do you lean on hardest when change feels threatening? What would deliberately using your second process look like the next time that happens?

Based on your report, what do you need most when facing change? What happens when those needs are not met?

Think about someone you know who handles change very differently than you do. Based on your type insights, how could you better support each other during organizational changes rather than letting your different approaches create conflict?





Review the next steps and suggested remedies in your report. What is one action that you will take next time you are dealing with change?

