

Change

Action Planning Worksheet



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 how you contribute to change during the start up phase and when dealing with losses. How can lean into those to help you and others around you during times of change?

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?