

The Art of Change

Questions

Why Do Things Change?

Why Do I Resist Change?

What Happens When We Resist Change?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Does God Change?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

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How to Accept Change

1. The first essential change is _____.
2. If _____ are changing _____ can accept that things are changing around _____.
3. The more _____ change the more _____ can become an _____ of change in others.
4. We must change for the sake of _____.
5. Resistance of _____ is resistance to _____.
6. We cannot become what we need to be by _____ what we are.
7. When you decide your _____, your _____.
8. When _____ is successful you will look back at it and call it _____.

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The Process of Change

1. Letting go of the _____.

2. Taking hold of the _____.

3. Moving toward the _____.

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Notes

[illegible]