



MONDAYS

with Mike

Testing our response to change

In our work, family, and social settings, change is a constant dynamic in each. Sometimes, it occurs in all three areas at once. When a change lands, how do we react? The following assessment is a “check-up” on the qualities that are needed to manage change of any type. For each statement, give yourself a yes, no, or neutral score. When you have completed the assessment, see where your strengths are and where there may be opportunities for growth. Build upon your positive statements as you attack the growth areas.

Challenge

- I am motivated by new projects or assignments.
- I take on new tasks that stretch my ability.
- I seek new opportunities.

Commitment

- I enjoy what I am doing and the organization that I work for.
- I have a sense of the meaning and purpose of what I do.
- I look forward to the beginning of each workday.

Bond

- I seek out other individuals when I have a concern or difficulty.
- I try to learn as much as possible about the people I work with.
- I believe I give as much as I get from individuals around me.

Control

- I look for things I can do something about and not things I have no control over.
- I always explore new ways to achieve things.
- When there are demands at work, doing my best is the most effective strategy.

Embrace your positive response to change as it takes place this week!