

# FIVE

## EMBRACE CHANGE

### BOLD WAYS TO

# 1

## SHIFT YOUR MINDSET

- See change as growth, not a threat.
- Focus on what you control, release what you can't.
- View challenges as opportunities.



# 2

## STRENGTHEN YOUR CONFIDENCE

- Reflect on past successes.
- Identify and use your strengths.
- Take small risks to build resilience.

# 3

## BUILD A SUPPORT SYSTEM

- Surround yourself with uplifting people.
- Seek mentors or accountability partners.
- Share openly—you're not alone.

# 4

## GET COMFORTABLE WITH DISCOMFORT

- Growth happens outside your comfort zone.
- Change feels hard, not wrong.
- Stay curious—ask, "What can I learn?"

# Vs

# 5

## TAKE DECISIVE ACTION

- Break change into small steps.
- Celebrate progress, however small.
- Keep moving—action beats overthinking.

