

DISRUPTED

NAVIGATING CHANGE MANIFESTO

change /'chānj/ v: To make drastically different.

I WANT TO LEARN FROM, AND TRANSITION THROUGH IT

I WANT TO THRIVE.

I AM FOCUSED, DETERMINED, AND READY.

I YEARN FOR SOLACE, AND I AM EAGER TO MOVE FORWARD.

I WANT TO RELAX

AND EMBRACE THE FUTURE.

EVERYONE CAN RELATE TO CHANGE. THE YOUNG FLOW WITH IT AND THE OLD CHERISH THE WISDOM ASSOCIATED WITH IT. THOSE NEW TO BEING ON THEIR OWN EMBRACE IT AND THE MIDDLE-AGED CAN BE FRUSTRATED BY IT. EXPERTS WRITE ABOUT IT, WHILE THOSE EXPERIENCING IT REVERE IT.

THERE IS MUCH TO BE LEARNED FROM THOSE WHO HAVE EXPERIENCED UNPLANNED, MAJOR LIFE-CHANGING EVENTS.

WHAT I ASK IS THAT YOU ARE PATIENT, SUPPORTIVE, AND UNDERSTANDING.

I ACCEPT THE INEVITABILITY OF MAJOR CHANGE.
I EMBRACE THE CHALLENGES AND TRIUMPHS ASSOCIATED WITH IT.

**I LEAN TOWARD CHANGE, BELIEVING
IN ITS POWER AND PROMISE.**