



- **Change Happens.** They Keep Moving The Cheese
- **Anticipate Change.** Get Ready For The Cheese To Move
- **Monitor Change.** Smell The Cheese Often So You Know When It Is Getting Old.
- **Adapt To Change Quickly.** The Quicker You Let Go Of Old Cheese, The Sooner You Can Enjoy New Cheese
- **Change.** Move With The Cheese
- **Enjoy Change!** Savor The Adventure And Enjoy The Taste Of New Cheese!
- **Be Ready To Change Quickly And Enjoy It Again.** They Keep Moving The Cheese.

- There's a difference between activity and productivity.
- Getting out of your comfort zone makes adapting to change easier.
- Fear that you let build up in your mind is far worse than the situation that exists.
- When you change what you believe, you change what you do.
- The fastest way to change is to laugh at your own folly—then you can let go and quickly move on.
- You have to find your own way, beyond your comforts and past your fears. No one else can do it for you, or talk you into it. You have to see the advantage of changing yourself.
- It's safer to be aware of your real choices than to isolate yourself in your comfort zone.

## Who are you?

**Sniff** - Sniffs out changes early



**Hem** - Denies change and refuses to shift

**Haw** - Learns to adapt; changes for better outcomes

**Scurry** - Moves quickly into action