



8 Skills For Succeeding In A Changing World

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1. Develop a practical philosophy of change

It's no longer *back to normal*, but *forward to normal*. Most people *resist* or *accept* change; leaders *embrace* it. Leaders change *before* survival necessitates it.

2. Build on a strong foundation

Purpose: *What is my purpose in life?* Values: *What values are most important in my life?* Family & Friends: *Who supports me?* Faith: *What are my spiritual beliefs?*

3. Practice "optimistic realism"

Assess the situation realistically, expect the best and be prepared for the worst.

4. Act decisively

Identify the *best actions* to take and do them *consistently*.

5. Learn from every change

Look for the lessons and learn from what happened.

6. Laugh often

Take change seriously, but don't take yourself too seriously.

7. Be a victor of circumstance

You can't always choose what happens to you in life, but you can always choose how you respond.

8. Encourage and support others

It will keep you from becoming self-absorbed and will create a network of support for you.

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