

Change in Your World

Work is a significant part of our lives, but not the only part of our lives that is affected by change. Take a few moments to identify the changes you are juggling in your world right now. This includes changes at work, with family, within your community (life) and personal changes (self). Include the category of your life where the change is occurring.

List anyone else who may be affected. Include the past six months and what you know about the next six months. We've provided three examples to help you think through various changes. If you need more space, feel free to start a new page.

Change	Past/Present/ Future	Category (Work, Life, Family, Self)	Who is affected?	Who can help me?
<i>Transitioned to remote work</i>	<i>Present</i>	<i>Work</i>	<i>My Coworkers, My Family</i>	<i>Direct Manager, Spouse</i>
<i>Expecting first child</i>	<i>Future (four months)</i>	<i>Family, Self</i>	<i>Spouse, Dog, co-workers</i>	<i>Spouse, Direct Manager, Benefits Department.</i>
<i>Board Member at Atlanta Opera</i>	<i>Present (joined six months ago, two-year term)</i>	<i>Life</i>	<i>Spouse, Family</i>	

Why this is useful:

The more we have “going on” in each area of our life, the more fatigue we feel. Listing and categorizing all of the changes we are managing helps give us control and understanding to intentionally manage it.

TIP: Do you have numerous changes happening at the same time? Objectively review this list to determine if any changes can be put on hold. This may help lessen your fatigue and increase the positive impact of each change.