



# Prepare for Change

The only thing certain about your career journey is that you will be faced with lots of changes along the way. So, learning to effectively deal with change is a skill you will want to develop. Start by assessing your current attitude and ability to handle change by taking this quiz adapted from the book, *The First 30 Days: Your Guide to Making Any Change Easier*. Then, go to the website and review 9 principles of change — [www.first30days.com/ariane/principles](http://www.first30days.com/ariane/principles). There, you can learn and apply strategies that will help you navigate change in a positive, productive way.

1. Change makes me feel:
  - A. Paralyzed and afraid.
  - B. Lonely and unlucky.
  - C. Uncertain, but excited about what lies ahead.
  - D. Hopeful and inspired.
2. When faced with a challenging change, like losing my job or receiving bad news from the doctor, I:
  - A. Eat excessive amounts chocolate.
  - B. Cry, scream, and then hide out in bed.
  - C. Call a trusted friend.
  - D. Try to find the positive in the situation.
3. When I think of all the changes I would like to make in my life, like getting in shape, going back to school, I:
  - A. Remember how many times I've tried and failed before.
  - B. Begin them all at once with enthusiasm and am back to my old ways within a few months.
  - C. Focus on one but never seem to get very far.
  - D. Visualize exactly what I want to happen, create an action plan, and start moving forward.
4. When I decide to make a major change, like changing jobs or moving to a new city, the first thing I do is:
  - A. Think about all of the reasons why I'll probably fail.
  - B. Feel overwhelmed by the work that lies ahead.
  - C. Find books and websites that can help.
  - D. Seek out others who have gone through similar changes.
5. When I think back to the changes that I've already been through, I:
  - A. Feel as if others have experienced more than I have.
  - B. Wish that I had handled them differently.
  - C. Am impressed with all that's happened in my life.
  - D. Recognize how each one brought something positive into my life.
6. When I tell others about a difficult change that I've encountered, I:
  - A. List all of the reasons why it will never get better.
  - B. List the many reasons why I think it has happened.
  - C. Feel overwhelmed, but capable of moving forward.
  - D. Outline a clear plan for moving through any pain or suffering that I may be experiencing.
7. My friends would probably say that I:
  - A. Avoid change at all costs.
  - B. Become angry and depressed when faced with change.
  - C. Have a generally positive attitude and try to accept change.
  - D. Can handle any change that comes my way and am unafraid to initiate changes in my life.
8. When I feel stuck and unsure during change, I:
  - A. Watch TV or drink alcohol.
  - B. Sleep...a lot.
  - C. Go for a run or take a yoga class.
  - D. Write in my journal and listen to some soothing music.
9. When faced with change or hoping to initiate a change, I take some time to be quiet and look within:
  - A. Never — who has time to be quiet?
  - B. Rarely — quiet alone time is a luxury.
  - C. Sometimes — I can find a few minutes for myself right when I wake up or before drifting off to sleep.
  - D. Often — I take a long walk or meditate several times a week.
10. When something changes in my life, I:
  - A. Long for things to be as they once were.
  - B. Get angry at life for making things harder.
  - C. Accept the change and work to move through it.
  - D. Embrace it and know that I can grow from it.

**Scoring:** A = 1 point, B = 2 points, C = 3 points, and D = 4 points.

[32 - 40 points] Change Optimist — Change isn't something you handle; it's something you seek out!

[21 - 31 points] Change Agent — Change is a familiar friend. You accept the changes that life hands you and feel confident in your ability to change.

[11 - 20 points] Change Explorer — You're not opposed to change, but it's not something you welcome, either. Change is a challenge for you.

[1-10 points] Change Novice — You don't like change. In fact, you'd even say you hate it. Many people find change difficult but you can learn to deal with change.