

Lesson 7: Be the Wave

1. When have you experienced a great change in your life? How did you respond?
2. How does my story of transitioning from *directing* to *accepting* relate to you?
3. How does the expression *be the wave* make you feel?
4. How do you take purposeful actions to make yourself feel more balanced through transitions?
5. What have you learned about yourself as you reflect on times of change and transition in your life and work?