

## **ENACTING CHANGE**

•	What	challenges are you current	ly facing	?
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• What complexities, ambiguities, and tensions are you dealing with?

• What factors are within your control? What factors are outside of your control?

• What partners, resources, and supports can you turn to for help?

• What are concrete steps you can take to begin to address these challenges?

Retrieved from the companion website for *Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement: A Guide for Educators* by Christine Mason, Jeffrey Donald, Krishna Kaur Khalsa, Michele M. Rivers Murphy, and Valerie Brown. Thousand Oaks, CA: Corwin, www.corwin.com. Copyright © 2022 by Corwin Press, Inc. All rights reserved. Reproduction authorized for educational use by educators, local school sites, and/or noncommercial or nonprofit entities that have purchased the book.