

Exploring Change

1. What exactly is changing? Be as specific as possible.
2. What is the current situation like? What are things like now, before the change?
3. What do I imagine things will be like when the change is over? How much of this perception is based on fact?
4. What are my feelings about the change?
5. What specifically don't I understand about the change?
6. Whom should I ask in order to gain more understanding about the change?
7. How does the change directly impact my job?
8. What specifically will I have to do differently?
9. Does the change require I learn new skills? Which ones will I have to learn?
10. What will I have to know how to do after the change that I don't know how to do now?
11. How will I learn the new skills?
12. What questions will I need to ask? List them.
13. What is the worse thing that could happen to me because of this change?
14. What is the best thing that could happen to me because of this change?