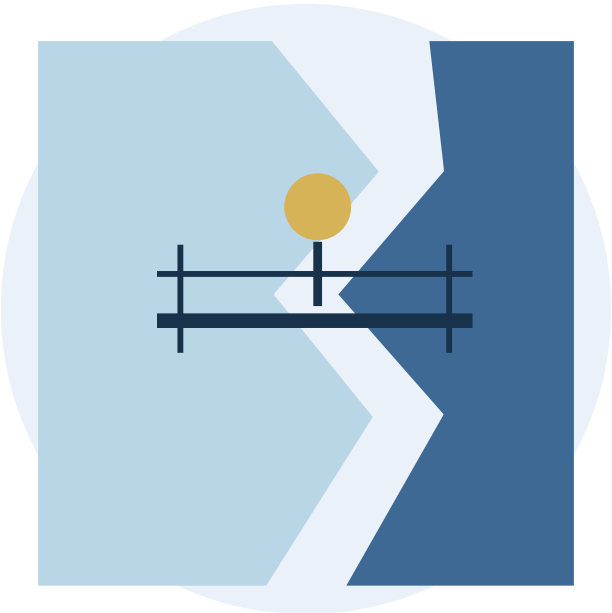
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When Life Changes



When the old plan no longer fits, find a thoughtful way to begin again.

ILLUSTRATED IDEAS · ORDINARY SITUATIONS · QUESTIONS TO KEEP

ONE IDEA FOR AN ORDINARY DAY

Describe the change before naming its meaning



Make room to understand before you promise.

When a plan breaks, the mind can quickly turn an event into a final story: everything has failed, nothing will improve, or this must be a wonderful opportunity. Begin with a description small enough to check. What happened, what has definitely changed and what remains unknown? Interpretation will still be necessary. Delaying the final verdict gives practical decisions a clearer starting point and leaves room for feelings that do not fit a tidy narrative.

A DISTINCTION TO KEEP

An event need not contain its final meaning.

TAKE THIS INTO YOUR DAY

What has actually ended, and what am I predicting?

Bring it into your day.

AN ORDINARY SITUATION

A role is eliminated at work. You separate the confirmed end date and financial arrangements from uncertain predictions about your entire future.

ADAPT

Your circumstances matter.

TRY IT TODAY

Make three short lists: changed, unchanged and not yet known.

A question to carry

What has actually ended, and what am I predicting?

NOTICE	Describe the particular situation before judging it.
CHOOSE	What is one proportionate next action?
RETURN	What would tell you whether the change helped?