

# NAVIGATING LIFE TRANSITIONS PROGRAM

Week 2:

Perception  
of Change

How do you perceive change? Learn to reframe challenges as opportunities.



DID YOU  
KNOW?

**Your perception of change often influences how you respond to it.**

A positive mindset can reduce stress and lead to better outcomes during major life changes.

## Reflective Exercise

How do you typically perceive change—positively, negatively, or with uncertainty?  
Write about how your perception of past changes affected your ability to adapt.