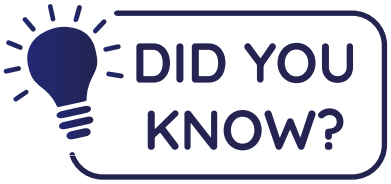
NAVIGATING LIFE TRANSITIONS PROGRAM

Week 4: The Seven Stages of Change

Where are you on your journey through change? Discover the seven stages of change and how to move forward with confidence.



Change happens in predictable stages. The seven stages are: shock, denial, frustration, experimentation, acceptance, exploration, integration and growth. Understanding the importance of each stage and where you are can help you move forward.

Reflective Exercise

Identify which stage of change you are in right now for a current transition in your life. How has this stage affected your mindset and actions? What will help you move to the next stage?

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TODAY'S INSPIRATIONAL REFLECTION

The only way to make sense out of change is to plunge into it, move with it, and join the dance.

— Alan Watts