



# Embracing Change

## Note Catcher

Think about three changes in your life. Then think about how they made you feel and your coping strategies for the changes.

**Change #1:**

How did this change make you feel?

How did you/how will you cope with this change?

*(Continued below)*



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## Note Catcher

### Change #2:

How did this change make you feel?

How did you/how will you cope with this change?

### Change #3:

How did this change make you feel?

How did you/how will you cope with this change?