THE UPSIDE TEACHING GUIDE

Episode 50: 5 Proven Strategies to Navigate Change

Introduction

Use this guide to facilitate a discussion on navigating change effectively. Growth requires change, and mastering these transitions is key to success in 2026.

The 5 Strategies (Fill-in-the-Blanks)

1. Change _____ you have to.
2. Hold on to the things that are _____.
3. Mentally connect change with _____.
4. Remember that change is uncomfortable because it is _____, not because it is bad.
5. All change eventually settles into a _____ _____.

Discussion Questions

- Which strategy is most difficult for you?
- What is one change you are resisting?
- How can you apply these strategies to your personal or professional life?

Action Step

My One Commitment:

Write down one action you will take to embrace change and grow.