

KEEP THE CHANGE

with Chalice Springfield



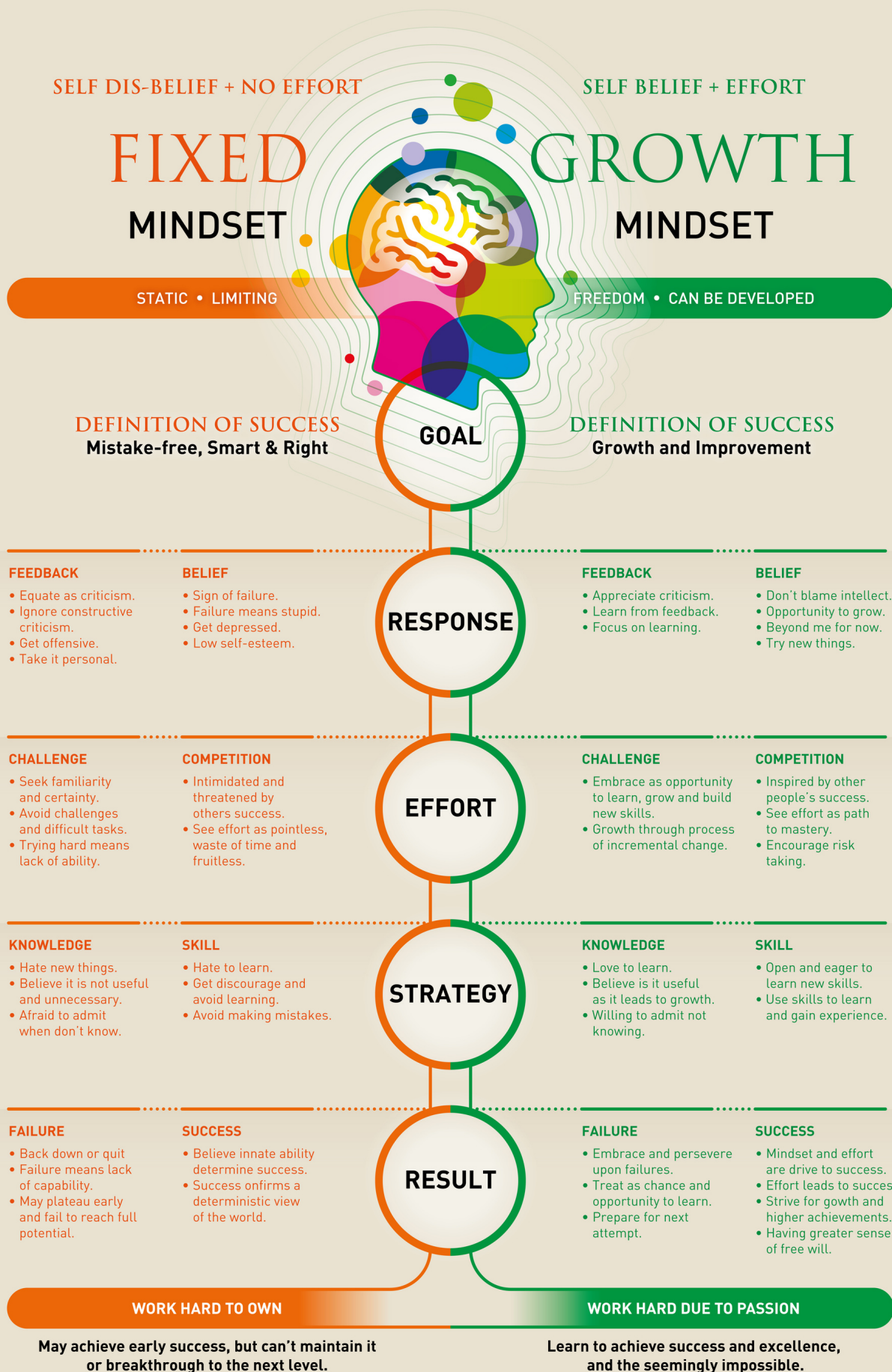
*A takeaway guide from the Weld Found Podcast series **Keep the Change***



Change is never easy — but it's also how we grow. This handout brings together key visuals from *Keep the Change* to help you notice resistance, navigate the process of change, and embrace what's possible on the other side.

Use these tools as reminders: change isn't happening to you — it's happening through you.

Your mindset shapes how you respond to change. A fixed mindset sees mistakes as failure; a growth mindset sees them as opportunities to learn and improve.



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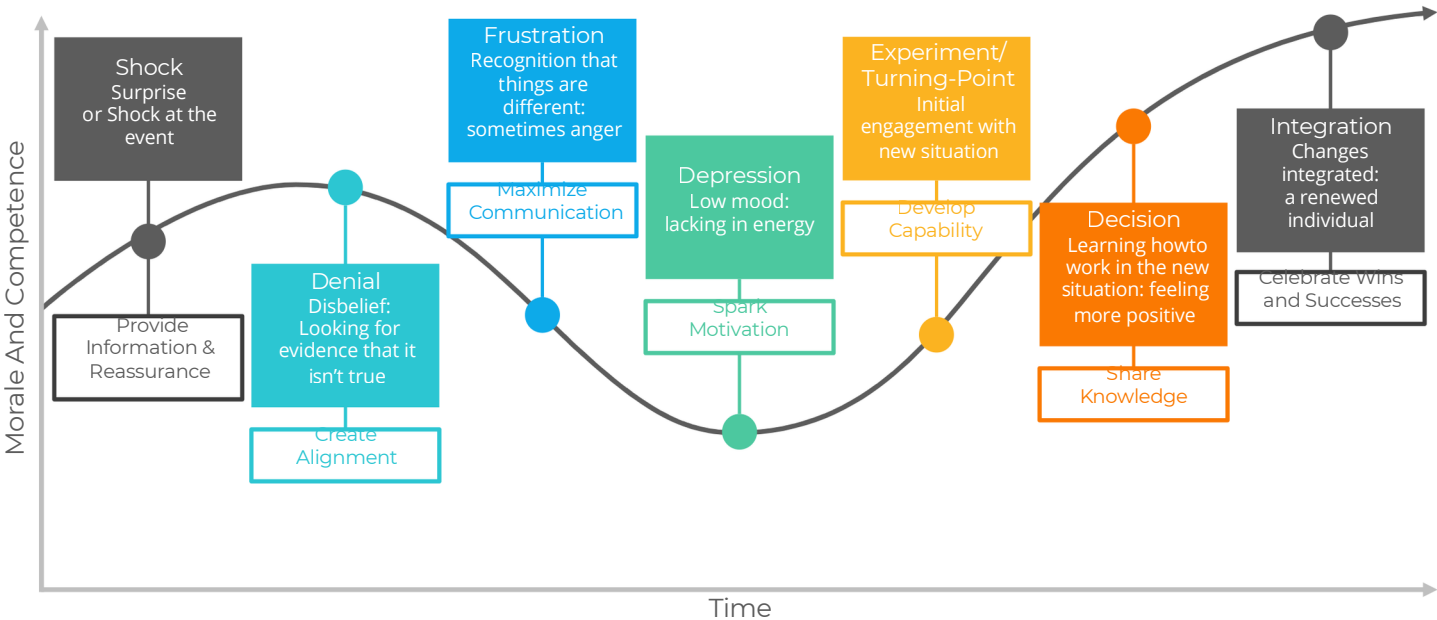
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Change isn't linear — we move through stages like denial, frustration, and experimentation. Each stage has a matching "antidote" to help us move forward.

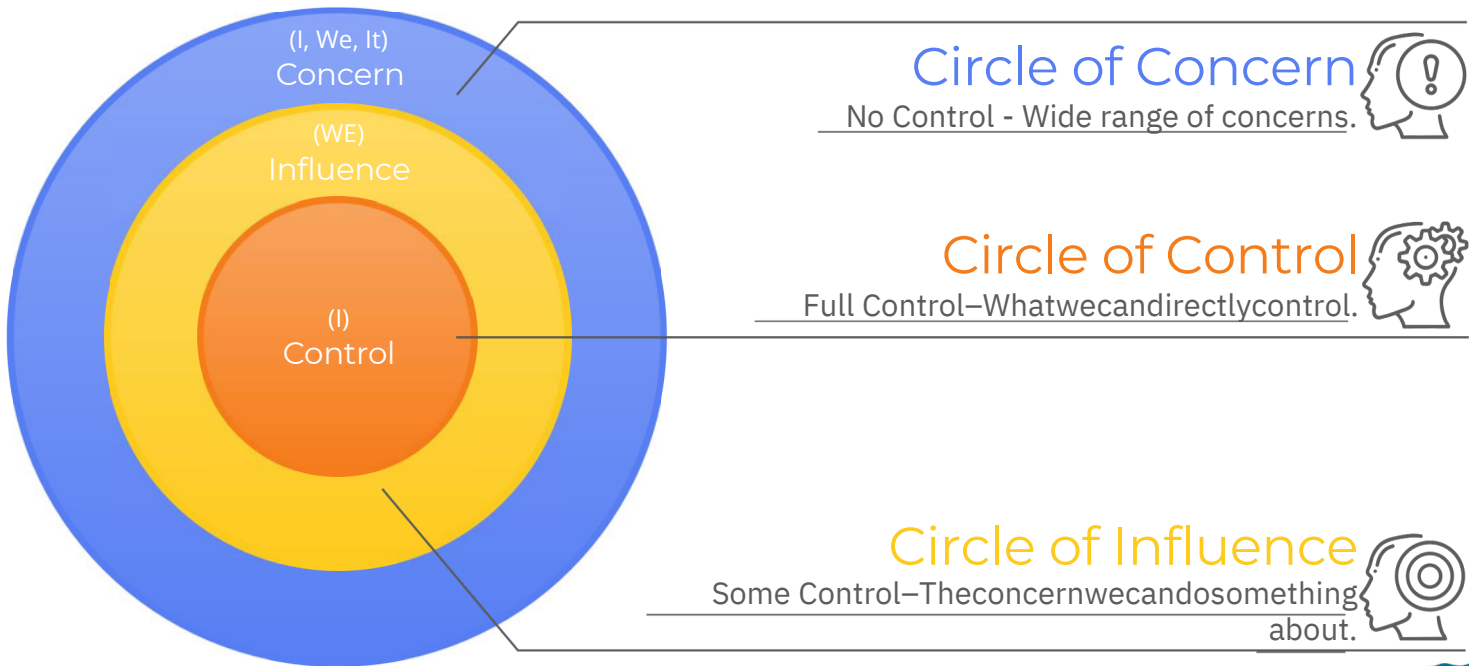
Kübler-Ross Change Curve

Emotional Response to Change

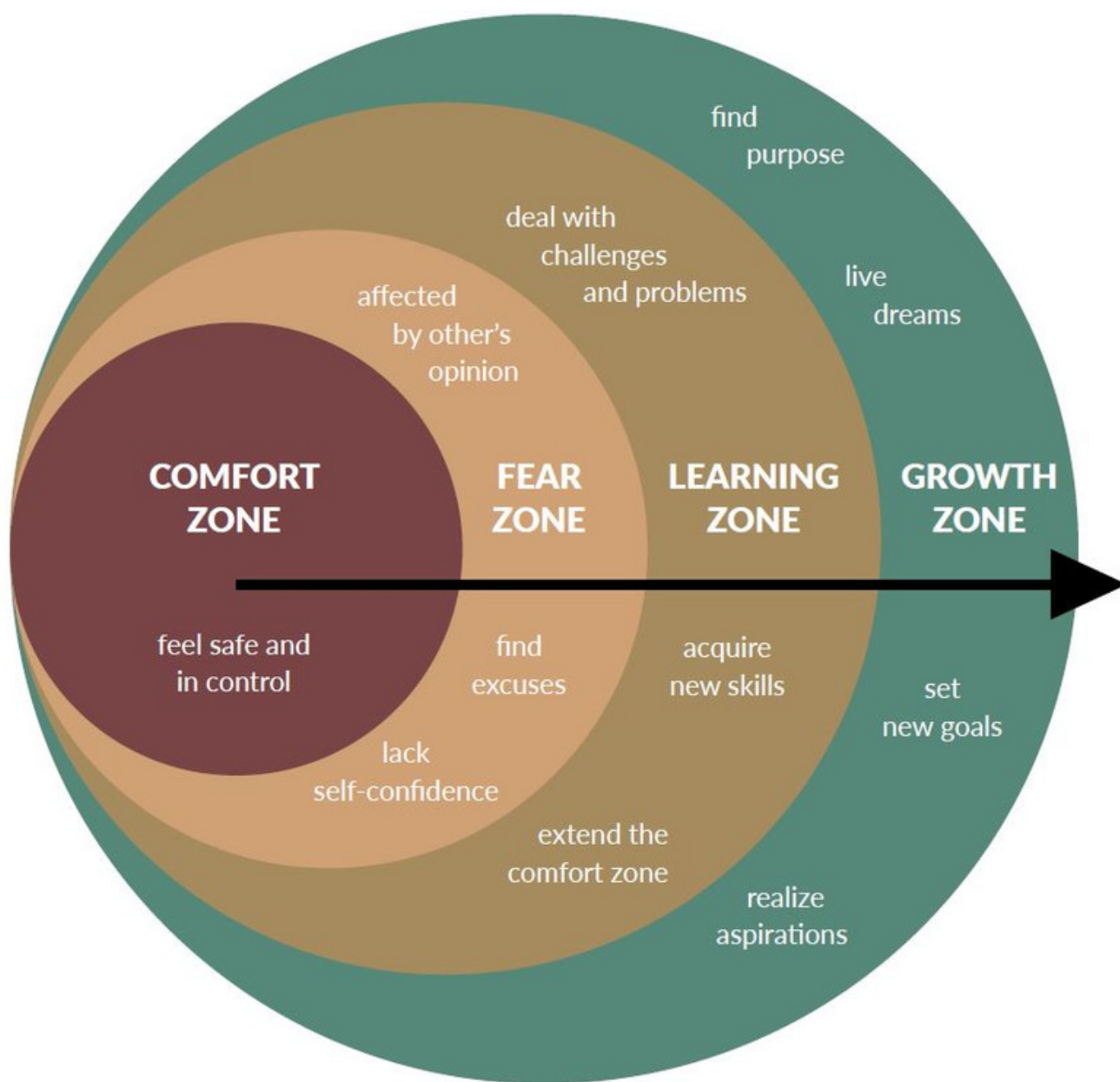


In times of uncertainty, focus your energy where it matters most — on what you can control and influence, rather than what's outside your power.

Covey's Circle of Concern, Influence, and Control



Stepping out of our comfort zone feels risky, but it's where true growth happens. This chart reminds us that fear and uncertainty are part of the path to learning and transformation.



Remember: Resistance is human, small actions lead to transformation, and your mindset matters more than your mastery.



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