

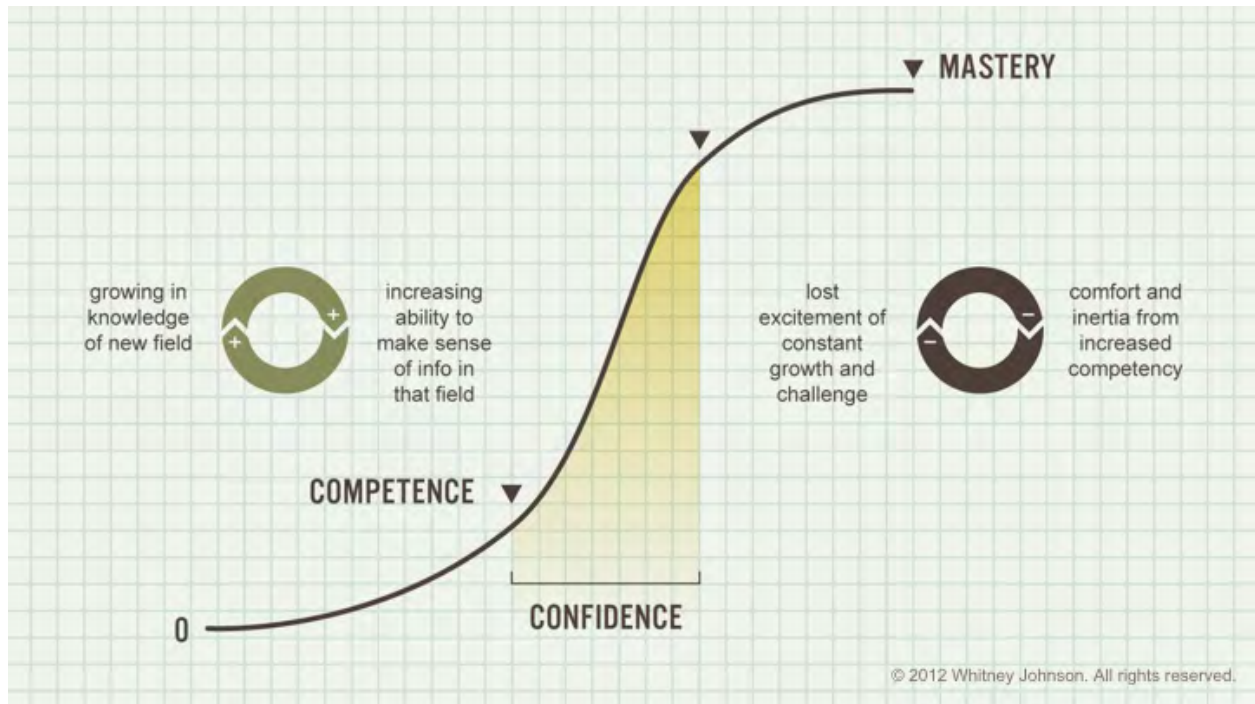
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# Preparing for Change

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Worksheet to accompany mini-course curriculum  
from WLJ Advisors

# S-Curve of Learning



## Where are you on the S-Curve?

- ➔ Are you at the top? Experiencing mastery, but perhaps feeling a little bored because things have become so easy?
- ➔ Are you in the sweet spot? Fully engaged and loving your work? You feel confident. Competent. Happy. Things are hard but they're not too hard. Easy but not too easy. Work is meaningful, relevant. You are right where you are supposed to be.
- ➔ And the low end of the curve? You've just jumped – or you've been pushed. Either will do the job of getting you there. You'll have moments of discouragement, but trust the process. Whether you jumped or were pushed, you will look back and say this is what I needed to do. This is where I needed to be.

# Disrupt Your Self Today

[Podcast Episode & Show Notes](#)

As you listened to Whitney describe the reasons it's important to disrupt yourself, to embrace the idea of change, which reason resonated most with you?

Why? What was it about that reason that rang true?

What insights did you have during the episode?

# James Clear: Just One Percent Better

[Podcast Episode & Show Notes](#)

Small steps lead to somewhere powerful.  
Brainstorm some small steps you can take toward a goal you're working toward right now.

What insights did you have during the episode?

# Laura Vanderkam: Time is Elastic

[Podcast Episode & Show Notes](#)

You have more time than you think you do. Brainstorm some ways you can make sure your day is set up with your big picture goal in mind.

What insights did you have during the episode?

# Benjamin Hardy: Use Your Distinctive Strengths to Grow

[Podcast Episode & Show Notes](#)

What small change can you make to your environment that might make a difference in helping you achieve the vision of who you want to be?

What insights did you have during the episode?

# Bethany Quam: Staying in Growth

[Podcast Episode & Show Notes](#)

What drives your energy? What motivates you?

What insights did you have during the episode?

# Build an A-Team

[Podcast Episode & Show Notes](#)

How can you harness the framework of disruptive change to make your team more powerful?

What insights did you have during the episode?



What was your biggest takeaway after listening to all 6 podcasts?

What is one thing you would like to change?

What small step will you perform each day that will move you closer to that new vision of who you want to be?