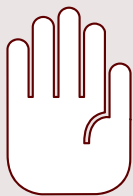




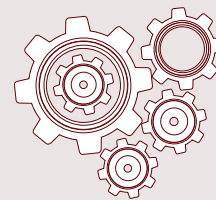
# THREE QUALITIES TO **SUPPORT** CHANGE

Look at any area of your life where you are working on change and meeting resistance. See it through the lens of compassionate change, and ask yourself if you are cultivating these three approaches.



## WHAT STOPS CHANGE

- Resistance and fear
- Running on autopilot
- Control



## WHAT SUPPORTS CHANGE

- Willingness and courage
- Self-awareness
- Surrender

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