



Change Academy Lab Notes

TOPIC: Changes we didn't choose

EPISODE #40

NOTES/TAKEAWAYS:

EXPERIMENT:

Select an area of your life that you were forced to reinvent during the pandemic and will now have an opportunity to either revert to the previous status quo or not.

Make a list of all of the ways that the change benefited you and the ways in which the change did not benefit you.

Think about those pros and cons in the context of your values.

Decide what you'd like to do once your options are open. Will you go back to your original status quo, stay with your current status quo, or design a third option that works best of all?

OBSERVATIONS:

FURTHER EXPERIMENTS: