

This worksheet will help you get the most out of our conversation. If you're looking to up your game at work, our mindset strategies will help you build mental fitness and resilience.

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1. TAKE TIME TO PROCESS

It's easy to tune out the discomfort of change without doing an "internal check-in" first. Change is hard, and it takes time to come around. Give yourself the respect to feel through the thoughts and emotions that come your way while you take the time to process and make sense of the madness. Meditate. Meditate. Meditate. The answers of what's next or how to deal with this change will come to you in stillness.

Leadership Coach Tip: Notice your lenses. It all depends on how you want to look at a situation or look at yourself. Are you looking or listening from a positive lens or a negative lens? Can you choose a lens to listen from on purpose? For example, you can go from listening with anxiety to listening with curiosity.

2. DON'T LET A CHANGE THAT WAS NOT A PART OF YOUR PLAN VICTIMIZE YOU

Remember YOU get to decide HOW or IF this change works for you and your long-range plan. You are still the conductor of your life's orchestra and your job is to create symphony of your life's experiences. So, embrace your change & think about your next steps.

Leadership Coach Tip: If you see yourself *blaming* your work, *blaming* others, *blaming* situations then you are in victim mode. The victim drowns in self-pity and might even give up. That's why you need to learn how to take responsibility for your feelings. Start by describing why you think that person, or that situation has the power to create your feelings. This will reveal the thought you're having, the thought you're choosing to have that is creating your feelings, versus blaming someone else for causing them. It's gob smacking to realize that others don't have the power to create our feelings.

3. CHECK IN WITH YOUR EGO

Obsessing about how others view our change in status or if they are better or worse off than we are, is one of the first things we think about when something favorable or unfavorable has happened. Others RARELY think about you, because they, just like you and I, are thinking about themselves. Take your ego out on a date and leave it there.

Leadership Coach Tip: Play your own game. More times than not the competition is with yourself. If you play small because you fear how you'll be judged then you're the one taking yourself out of the game. You decide if your contribution is valuable, you believe first in your worthiness to the business then others will believe the same.

4. OWN THE NOW

So, you didn't get that promotion you worked so hard for or you're now reporting to a peer or your job changed. Instead of fighting it, i.e. feeling angry, bitter and blaming others, **OWN IT.** By owning the situation, you take the power back and choose to be at peace with where you are in this moment while figuring out your next steps. Owning it does not mean giving up or settling for less, it just means creating space for a new reality while you figure out how or if this change works for you.

Leadership Coach Tip: Be Aware of your own thoughts versus the situation you're in. The situation is usually a circumstance you can't control but you can control how you think about the situation, You own those thoughts because thoughts are a choice.

5. DON'T BE FOOLED BY YOUR "FAILURE"

There are times you will do your best and not get the result you were hoping for. There are times you will work your hardest and still be laid off. This is OKAY if you learn from it instead of being dismayed by it. You are never given a challenge without the knowledge or the will to fix it.

Leadership Coach Tip: Get beyond perfectionism. Learn how to fail forward by embracing the vulnerability that comes when you try something without any guarantees of how it's going to come out. Many successful entrepreneurs learn this concept of failing forward as they use it as the path toward their business hitting true success. Failing puts them on the right path, it's not a negative experience.