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THE BIG IDEA: To thrive amidst chaos, focus on ENERGY not “change”

LESSON #1: FUEL THE CHANGE

- 🚀 Without energy, change does not exist
- 🚀 Fuel change, don't force change
- 🚀 CHALLENGE: Have one convo with a direct report about energy in the next month
- 🚀 TIP: Utilize Q1 on You At Your Best worksheet for this convo (download [HERE](#))

LESSON #2: OPTIMIZE THE CHANGE

- 🚀 Work should energize you
- 🚀 Flow is the missing ingredient if you want to be in the 12% of successful changes
- 🚀 CHALLENGE: Help one direct report increase flow in the next month
- 🚀 TIP: Utilize Q2 on You At Your Best worksheet for this convo (download [HERE](#))

LESSON #3: DESIGN FOR CHANGE

- 🚀 Bosses 'fix' people, Leaders fix the environment
- 🚀 Design your environment for flow
- 🚀 CHALLENGE: Help one direct report remove a flow obstacle in the next month
- 🚀 TIP: Utilize Q3 on You At Your Best worksheet for this convo (download [HERE](#))



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