

I DIDN'T SIGN
UP FOR THIS!

Comin' At
You Again

Too Much

Too Loud

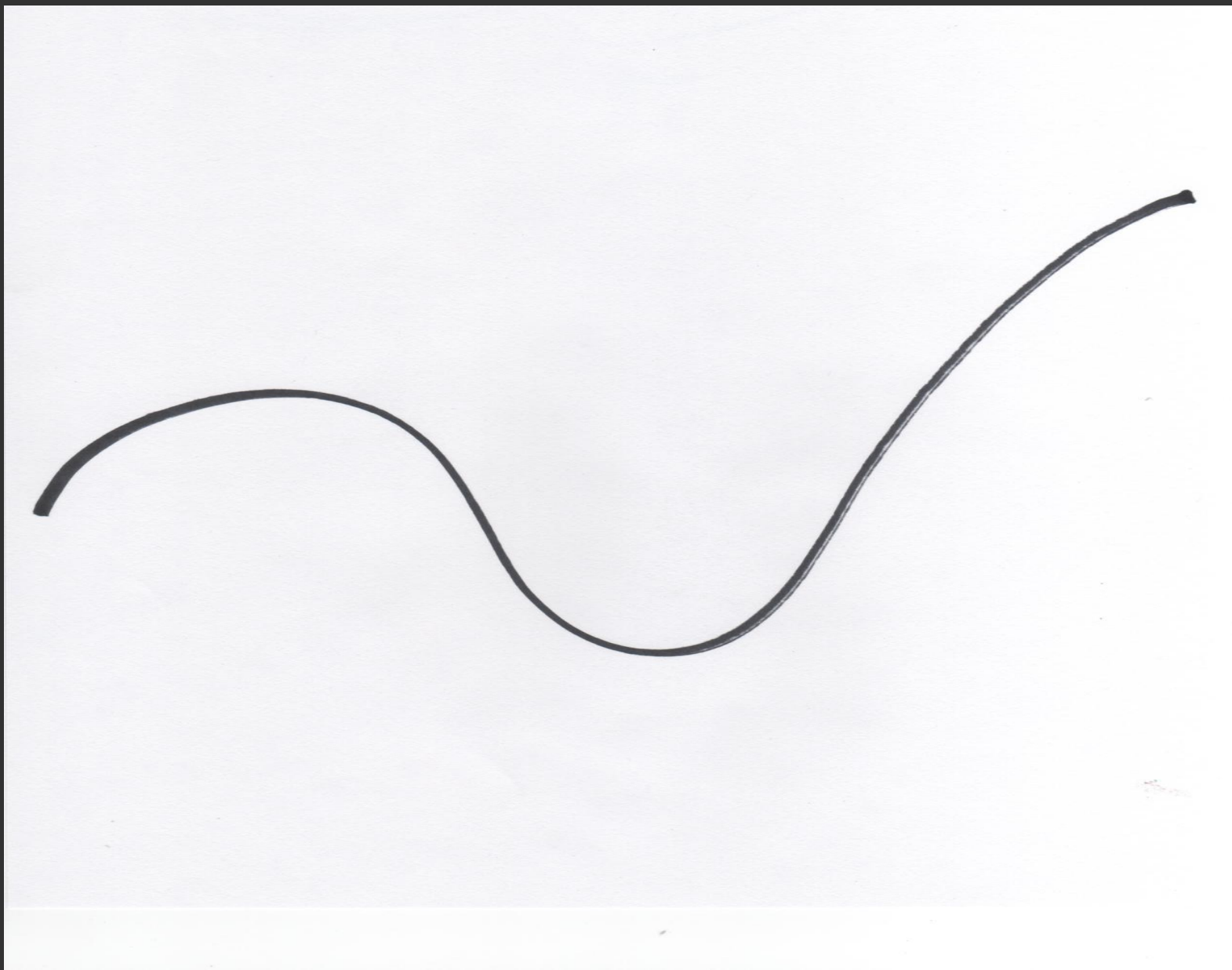
Too Long

How Do *You*
See Change?

What's *Your*
Change
History?

Resistance 101

“The Dip”



Three Phases of Change

The Stress of Change

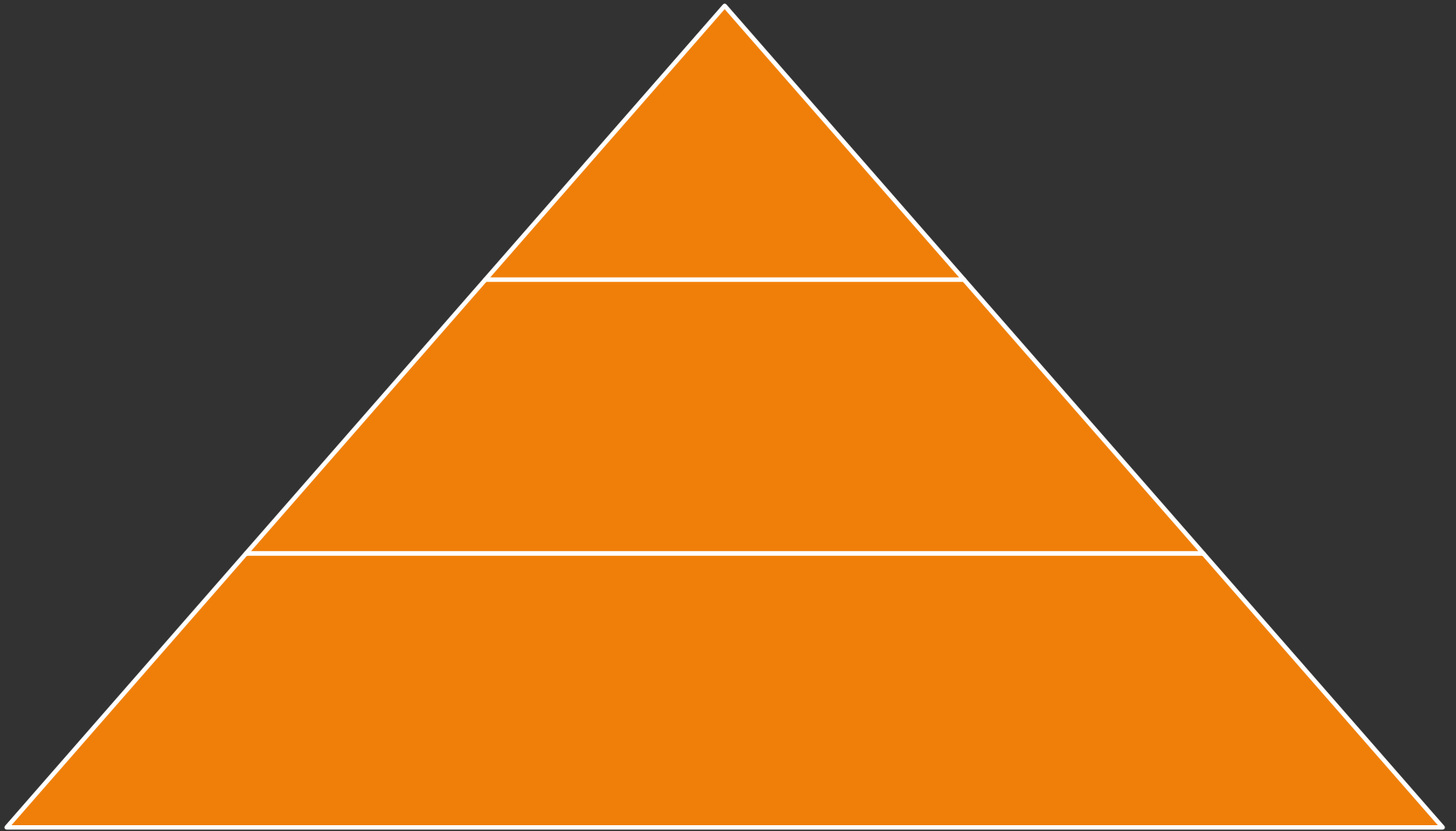
Ya Gotta
Feeeeeel It!

We've All
Been Framed

Ok, So Tell Me

The Solution

Resources





The image features a large orange pyramid with a white outline, set against a dark gray background. The pyramid is divided into three horizontal sections by two white lines. The word "Time" is written in a white, serif font at the top of the pyramid, centered within the uppermost section.

Time



Time

People



Time

People

Stuff

**Makin' a List
Checkin' It
Twice**

The Bugs Bunny Solution

The 30-Second Secret

Dynamite Dozen

Your Choice