

# THE CHANGE CONTINUUM

## *Steps for “Training” to Change, not “Trying” to Change*

*Change is inevitable, but progress and change are indelibly intertwined.  
So if we truly desire to improve personally or professionally,  
we must eagerly embrace change.*

Willingness + Education + Understanding + Action + Accountability + Analysis = Progress  
(Change)

Clearly Defined...

Clearly Defined...

Clearly Defined...

That You Put On...

