



Change
Ambassadors

CHANGE

Assessment

Thank you for downloading our change assessment.
We believe this assessment will help you understand your relationship with change!

LEGEND

Please rate your response on a scale of 1 to 5, with 5 being the highest score.

	VERY POOR 1	POOR 2	FAIR 3	GOOD 4	VERY GOOD 5
1. I am currently experiencing some sort of change in my life					
2. I am overwhelmed by change					
3. I feel in control of change(s) in my life					
4. I believe I could better manage the change in my life					
5. I know if I just get through this season, the change will stop					
6. I recognize change will always impact my life					
7. I respond positively to new change(s) in my life					
8. I recognize external change in my life that are outside of my control					
9. I have a process by which I handle external change					

Now consider your score; do you believe that you could have a better relationship with change? Join our Curate YOUR Change Course [HERE!](#)

