

PELA 2015 – Community Change Project Worksheet

Thursday, August 6, 2015

For your change, indicate

1. Your proximity to the change
2. The proximity of anyone whose support is needed for the change to succeed, and
3. What feelings you are experiencing and seeing in others.

			Describe Feelings	
	Where are you?	Where are others?	Yours	Others
Apathy				
Sympathy				
Empathy				
Impact Zone				

Resistance or Resiliency

Emotions That Lead to Resistance

Anxiety

Confusion

Frustration

Fatigue

Emotions that Lead to Resilience

Purpose

Enthusiasm

Optimism

Confidence

Source: McKinsey Quarterly



4. What can you do to generate more of the emotions that lead to resilience?