

**Resolve to be a master of change rather than a victim of change.**  
- Brian Tracy

## Who moved my Cheese?

**Principle # 1:** *They Keep Moving the Cheese.*

(Change happens.) Quite a lot of people mouth that change is the only constant in life.

**Principle # 2:** *Get Ready for the Cheese to Move.* (Anticipate change.)

Instead of letting change blind-side you or catch you unaware, anticipate it, brace for it, by noting changes in your environment, in your circumstances, and even in trends.

**Principle # 3:** *Smell the Cheese Often so You Know When It's Getting Old.*

(Monitor Change.) Though it seems hard to be on the constant lookout for change, you have no other choice. If you read through the book, you will understand why you need to be on the lookout for change. You cannot allow change to overtake you just like that, or else you will be caught unawares and you might only be too surprised to realize that life had taken over, all of a sudden.

**Principle # 4:** *The Quicker You Let Go of Old Cheese, the Sooner You Can Enjoy New Cheese.* (Adapt to change quickly.)

The more you cling to your "old cheese," (an old job, old attitudes, habits and patterns, etc.), the more that your transition to the "new cheese" would become difficult for you. The sooner you can learn to let go, the easier and quicker your transition to embracing the "new cheese."

**Principle # 5:** *Move With the Cheese.* (Change.)

As you spot and adapt to change, you should not only *prepare* for the steps to change, you have to **MOVE**: walk or *run with the change*. Be a mover, and not a passive spectator of life.

**Principle # 6:** *Savor the Adventure and Enjoy the Taste of New Cheese.* (Enjoy change.)

Whether you were forced to change, or you embraced the change, you have no other choice but to embrace and ENJOY the change. If you keep being obstinate about changing, you won't be able to enjoy the change, and the rest of life. Instead of having an easier life because you embrace joy and the blessings of change, you look at the change as an adversary; something that would only steal

whatever enjoyment you could have had for the blessings that the change brought you.

**Principle # 7:***They Keep Moving the Cheese.* (Be ready to change quickly and enjoy it again and again!)

Let's face it, life is in constant flux. The only thing that will help you deal with life with a lighter heart and a better attitude is your own choice to keep a good attitude, no matter what the circumstance.

So if your cheese is starting to run away from you, start moving: change your attitudes towards change, and you will be able to embrace your life with greater joy!