



## The Ten Laws Governing Healthy Change

1. Create systemic change as opposed to systematic change.
2. Understand the vision for change.
3. Stay focused.
4. Practice patience with others.
5. Ask the right questions.
6. Pay no attention to rumor or gossip.
7. Recognize when you need help and ask for it.
8. Collaborate with management.
9. Take time away to re-energize, when necessary
10. Breathe deeply as often as possible.