



THE
JOHN BARRETT
LEADERSHIP PODCAST



LEADER GUIDE



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Notes

Episode 62: How To Navigate Change

Growth requires _____.

What got you _____ is not always what will get you to the next level.

The message may stay the same, but the _____ must change.

“We cannot solve our problems with the same thinking we used when we created them.” — Albert Einstein

3 Ways To Navigate Change

1) Stay _____

If you don't update, you'll eventually outdate.

2) Stay _____

3) Stay _____



Reflection

Episode 62: How To Navigate Change

Episode Summary:

Change is inevitable, but growth through change is a choice. In this episode, you'll discover why the leaders who continue to grow are the ones who embrace change instead of resisting it. You'll learn three essential principles that will help you navigate change with confidence. You'll discover how to keep your leadership fresh without losing sight of your mission, why unlearning old habits is just as important as learning new ones, and how curiosity can open the door to better questions, better decisions, and better results. If you're ready to stop fearing change and start using it as a catalyst for growth, this episode will give you practical insights to help you lead yourself and your team to the next level. Enjoy!

Reflection Questions:

1. John says that people tend to embrace change only when it was their own idea. Can you think of a time when change was forced on you? How did you respond, and what did you learn from it?
2. The message states that growth requires change and that what got you to where you are today will not get you to the next level. Do you agree with that idea? Why or why not?
3. The first principle is to Stay Current. In what areas of your life or leadership do you feel most up to date, and in what areas do you feel like you might be running on outdated thinking?
4. Alvin Toffler said that the illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn. What is something you have had to unlearn in order to grow? How difficult was that process?
5. John challenges listeners to Stay Cultivated by putting themselves in uncomfortable situations that stretch them. What is one area of growth you have been avoiding because it feels too uncomfortable or risky?
6. The third principle is to Stay Curious. John warns that the moment you stop being curious is the moment you stop growing. How would you rate your own level of curiosity right now, and what tends to kill your curiosity most often?