

WHAT ARE YOUR OPTIONS?

If you try to ignore the situation, change will slam into you and knock you off balance.

Getting angry won't make it go away—in fact, temper typically makes things worse.

Wishful thinking is a waste of time, too, so don't sit around thinking and talking about “the good old days” with the hope they'll return.

You can't even run away from it, because there's no place you can run that's beyond the range of change.

Might as well face the problems and find the opportunities.

How you think, and how you act, become very important during times like these. Obviously, you won't be able to control everything that happens to you. But you're in complete control of how you respond to what happens.

This is the Age of Instability, where managing change is everybody's job. Think of it as your personal assignment.