

WORKBOOK



**UP'N'CHANGE**

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**CONFLICT-FACILITATOR**

My current conflict, my specific issue:

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You cannot stop the waves, but you can learn to surf.  
(Jon Kabat-Zinn)

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When the roots are deep, there is no reason to fear the wind.  
(Chinese proverb)

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All obstacles and difficulties are steps on which we climb to new heights.  
(Friedrich Nietzsche)

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We cannot change the wind, but we can set the sails differently.  
(Aristoteles)