Who Moved My Cheese?

TEAM WORKSHEET | 13-MIN VIDEO + 15-MIN DISCUSSION

Your Goal: Notice how you naturally react when familiar routines change. There are no right or wrong answers. Choose the character that feels most like you today.

1 WATCH & NOTICE

As you watch, pay attention to what each character does when their cheese moves.

Which reaction feels familiar?



Sniff — Recognizes change early and notices what may be coming.



Haw — Feels uncertain at first, then learns to adapt.



Hem — Prefers what is familiar and may resist a change.



Scurry — Moves quickly and tries a new direction.

2 CHOOSE YOUR CHARACTER

I relate most to: _____

Why? Think of a time something changed at work. What did you think, feel, or do?

3 GET READY TO SHARE

One thing that helps me handle change more confidently is:

During the discussion: Share your own experience, listen without judging, and remember that people can respond differently in different situations.