

DROP to Let Go

DROP

You've identified your losses related to the change. Now what? Use "DROP" to help you let go of the past and move forward in your transition.



DROP

Dismantle

Redefine

Organize

Prepare



Dismantle

How were things before the change? Dismantle and categorize them into manageable groups by asking yourself:

- What is staying the same?
- What is going away?
- What can you keep if you modify it a bit?

Redefine

Try to look at your losses from a different perspective. For example "What is good about this change?"

- Be mindful and notice your thoughts
- Challenge your thoughts
- Adjust your attitude

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Organize

Once you've dismantled, grouped, and redefined your losses organize them to help make them more manageable.

- Which losses feel smaller or less urgent?
 - Which losses feel major or more urgent?
 - Which losses do you feel like you can handle sooner?
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Prepare

Now you are ready to make plans and prepare for how you will move forward.

- What can you leave behind and how will you do that?
 - What needs to be redefined and who can help?
 - What else do you need to move forward and who can help?
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