

Make Change Your Ally

Purpose

We're turning stressful change into workable opportunities—with pacing, support, and context-aware strategies.

How to Use

Choose one change you're navigating and approach it with care: move through the worksheet quickly, without overthinking, and then take the smallest next step today. Treat this as a gentle way to build momentum—clarity over complexity, progress over perfection. We're not forcing productivity; we're creating a doable action that respects our context, honors our energy, and restores a bit of agency right now. One step completed is enough for today, and it's how we begin to make change our ally.

Let this worksheet be a companion you can use on your own—steady attention, clarifying needs, and building momentum—or bring it to a mental health practitioner for added support and accountability.

Working with a therapist, counselor, or coach can deepen the insights you gain here and help translate them into sustainable change. However you use it, focus on completions over perfection and trust that small, present-focused actions add up.

1. Quick Context Check

- Change we're navigating (one sentence): _____
- Our current stress (0–10): ___ Current fatigue (0–10): ___
- Key conditions shaping this change (check):
 workload/economic pressures caregiving disability/health
 racism/sexism/transphobia/xenophobia immigration status
 housing/healthcare access other: _____

2. Values & Direction

- What matters most to us in this change (1–2 values): _____
- One intention in plain words: "In this season, we will _____."

3. Pacing & Regulation

- Supportive cues (check 1–2): paced breathing grounding senses movement quiet time community check-in
- What we'll do in the next 10 minutes to steady: _____



4. Flexible Options (Experiment List)

Brainstorm low-cost, low-energy experiments. Choose one today.

- Option 1: _____
- Option 2: _____
- Option 3: _____
- Today's experiment ($\leq 10-20$ min; low risk): _____

5. Boundaries & Accommodations

- One boundary (time/energy/respect): _____
- One accommodation/request (fit-to-context): _____
- Who we'll ask and how (if applicable):

6. Silver Linings & Learning

- Possible upsides to explore (check):
 new roles/communities healthier routines shared childcare/support
 clearer priorities access to resources other: _____
- What we're learning from this change (one insight): _____

7. Resilience Builder

- What helps recovery (check 2-3): rest windows peer/community care
 spiritual/cultural practices flexible schedules nature time creative play
- Frequency we can sustain (realistic): _____

8. Calm in the Moment

- Self-talk line we'll use: "I can pace this. Next step: _____."
- If overwhelmed, we will (check): pause 5 min reduce scope ask for help
 reschedule end kindly
- Supports we can engage:

9. Smallest Next Step

- Action (verb + object + place/time): _____
- Start now. Mark completion: done

10. Pause & Reflect

- Stress before/after (0-10): Before ____ \rightarrow After ____
- One thing to repeat tomorrow: _____
- One support to add this week: _____

Anti-Oppression Note



Change doesn't land on all of us equally, and that reality deserves care and respect. We center dignity, consent, safety, and access—measuring progress by restored choice, not forced productivity. Gentle, context-fit actions like rest, clear boundaries, accommodations, mutual aid, and culturally rooted practices help us move at a humane pace within the conditions we live. Let this be encouraging: we can honor identities, constraints, and histories while taking small steps that genuinely expand agency—you deserve this care. One doable action that protects your well-being is deserved progress.

About NorthFeather

NorthFeather Coaching provides anti-oppressive, parts-aware coaching and facilitation for growth, resilience, and change.

NorthFeather Solutions is a coaching and consulting practice led by Carrie E. Neal. It focuses on human-centered, anti-oppressive approaches to personal, executive, organizational, and spiritual development. The work emphasizes resilience, nervous-system awareness, and clarity in decision-making, using parts-aware practices (IFS-informed) to help people and teams navigate change with integrity.

Core offerings include 1:1 transformative coaching, classes and group spaces that build emotional intelligence and community, and organizational consulting/facilitation that aligns structures with human needs.

- NorthFeather Coaching: <https://northfeathercoaching.com>
- NorthFeather Organizational Consulting: <https://northfeather.solutions>
- NorthFeather Thoughts (blog): <https://northfeatherthoughts.com>

