

Written by: DR. SPENCER JOHNSON



Who Moved My Cheese?



For Teens

**An Amazing Way to Deal With Change In School & In
Your Life**



“Cheese” – a metaphor for what we want to have in life, whether it is school, a relationship, money, a job, freedom, health, recognition, spiritual peace, or even an extra-curricular activity, such as exercising or playing a sport.

Each of us has our own idea of what Cheese is, and we pursue it because we believe it makes us happy. If we get it, we often become attached to it. And if we lose it, or it's taken away, it can be traumatic.

Having Cheese Makes You Happy



The More Important Your Cheese is To You, The More You Want To Hold Onto It.



If You Do Not Change, You Can Become Extinct



What Would You Do If You Weren't Afraid?



**Smell The Cheese Often So You Know
When It Is Getting Old.**



**Movement In A New Direction Helps
You Find New Cheese.**



When You Move Beyond Your Fear, You Feel Free.



Imagine Enjoying New Cheese, Even Before Finding It



**The Quicker You Let Go Of Old Cheese,
The Sooner you Find New Cheese.**



It Is Safer To Search In The Maze Than Remain In The Same OleSituation.



Old Beliefs Do Not Lead You To New Cheese.



**When You See That You Can Find And
Enjoy New Cheese, You Change
Course.**



**Noticing Small Changes Early Helps
You Adapt To The Bigger Changes That
Are To Come.**



THE HANDWRITING ON THE WALL

- **Change Happens**
- **Anticipate Change**
- **Monitor Change**
- **Adapt To Change Quickly**
- **Change**
- **Enjoy Change !**
- **Be Ready To Change Quickly & Enjoy It Again.**



Move With The Cheese Enjoy and Enjoy Life !



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