



### A. Conversation Questions

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- 1 What do you think of when you hear the word 'change'?
- 2 Do you agree that change is inevitable? Why or why not?
- 3 Do you think change is a good thing or a bad thing? Why?
- 4 How do you feel about change? Do you like it? Why or why not?
- 5 How do you cope with change?
- 6 What was your biggest life-changing event?
- 7 Do you think change is important in a person's life? Explain.
- 8 What is one thing about your life that you would not want to change?

- 9 What is one thing about your life that you would want to change?
- 10 How do you think society has changed over time? Do you think the world has changed for the better?

**B. Comment on the following quotes:**

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- 1 "Be the change that you wish to see in the world." - Mahatma Gandhi
- 2 "Things change. And friends leave. Life doesn't stop for anybody." -Stephen Chbosky, The Perks of Being a Wallflower
- 3 "A year from now you will wish you have started today." -Karen Lamb
- 4 "He who rejects change is the architect of decay. The only human institution which rejects progress is the cemetery." -Harold Wilson
- 5 "If you don't like something change it; if you can't change it, change the way you think about it."-Mary Engelbreit
- 6 "When we are no longer able to change a situation, we are challenged to change ourselves." -Victor Frankl
- 7 "Only the wisest and stupidest of men never change." -Confucius
- 8 "Since we cannot change reality, let us change the eyes which see reality." -Nikos Kazantzakis
- 9 "Everyone thinks of changing the world, but no one thinks of changing himself." -Leo Tolstoy
- 10 "Sometimes it's the smallest decisions that can change your life forever." -Keri Russell