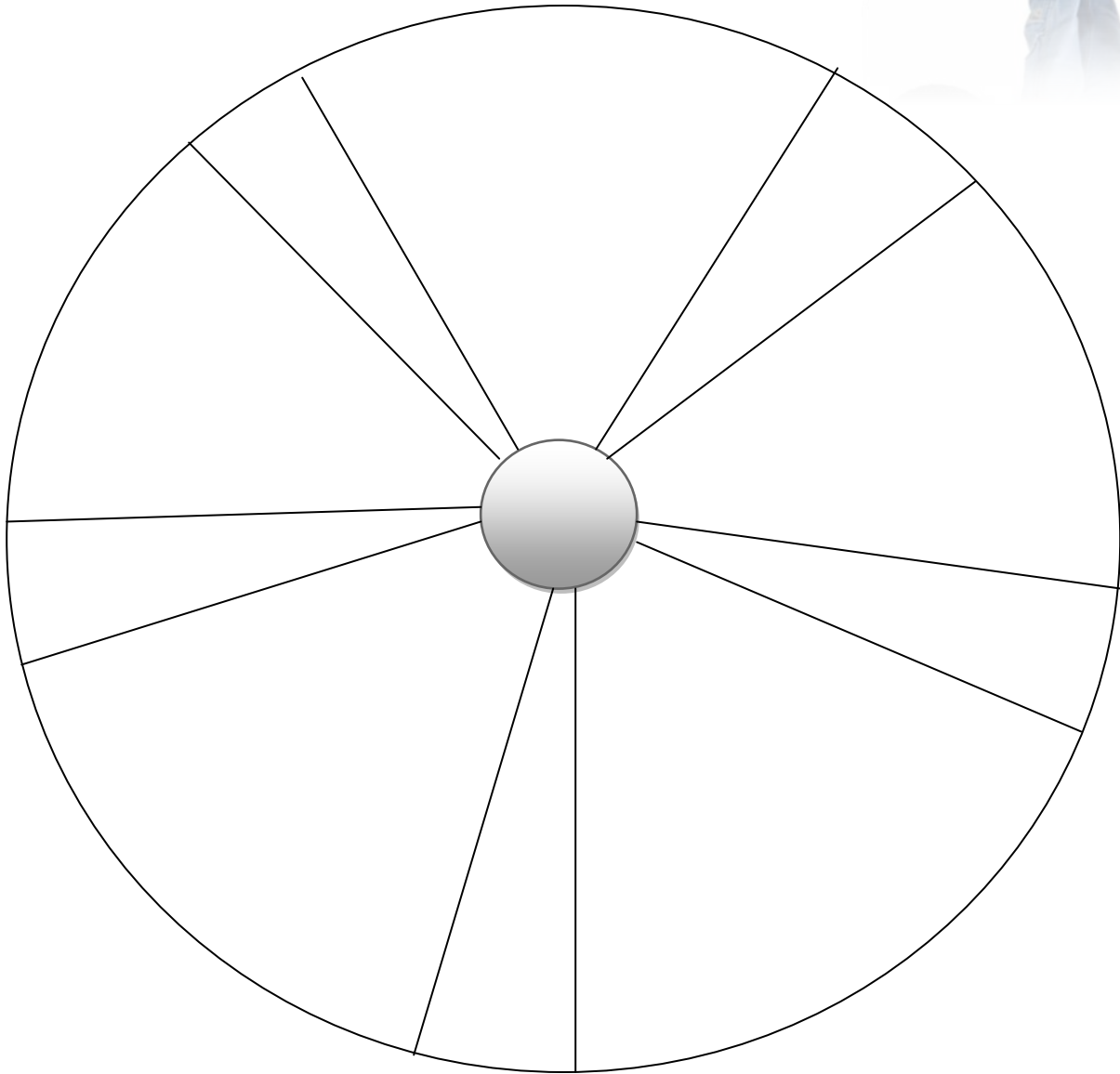




Dads in Gear: Wheels

The “wheels” of change are set in motion with the arrival of a new baby.

What changes have happened in your family?





Dads in Gear: Wheels

Thoughts about Change

- ❖ Change requires the brain to overcome fear and uncertainty of the change itself.
- ❖ Change requires the brain (and often the body too) to learn something new, or to re-learn or accept something in a different way.

**When we are no longer able to change a situation,
we are challenged to change ourselves.**

~Victor Frankl

**If you're in a bad situation, don't worry it'll change.
If you're in a good situation, don't worry it'll change.**

~John A. Simone, Sr.

**“Change gives us branches, letting us stretch and grow
and reach new heights.**

~Pauline R. Kezer

**If you don't like something change it;
if you can't change it, change the way you think about it.**

- Mary Engelbreit

“Change is inevitable (except from a vending machine).”

~Robert C. Gallagher

