

# RSE DAY

Celebrating relationships & sex education



## Embracing Change Prompt Sheet

Embracing change means being open to and accepting of change in all aspects of life. It involves adopting a positive attitude and mindset towards change rather than resisting or fearing it. Embracing change requires flexibility, adaptability, and a willingness to learn and grow from new experiences and challenges. It involves letting go of the familiar and stepping out of one's comfort zone in order to explore new possibilities. Embracing change can lead to personal development, resilience, and increased satisfaction in life as it allows individuals to navigate transitions effectively and seize new opportunities.

