

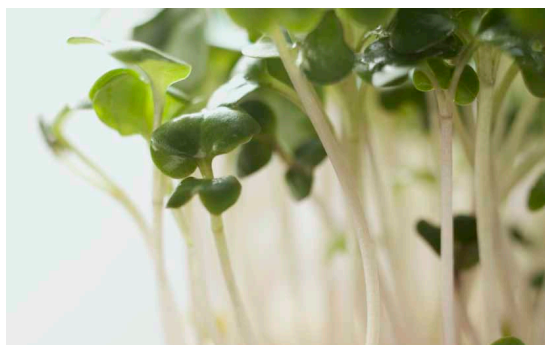
# IMPLEMENTING SOMETHING NEW

Journal – Leader One



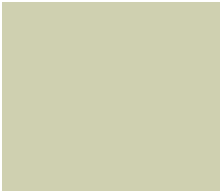
**HERB N' KITCHEN**

— NEW YORK CITY —





**IMPLEMENTING SOMETHING NEW**  
Journal – Leader One



# Herb N’ Kitchen Journal

**My Adaptation Challenge:**

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**Why implementing something new is difficult:**

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“Of all temptations we meet in life... money, power, fame... the subtlest of all is the Comfort Zone... that invitation to settle for less, to go for contentment when the stresses of over-achievement beckon.” – Jonathan Farrington



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**Five Phases of Adaptation:**

Stagnation – Preparation – Implementation – Determination – Fruition

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**Leaders need to:**

- Interpret Events
- Acknowledge Emotions
- Stay Connected

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## IMPLEMENTING SOMETHING NEW

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## My Leadership Action Plan:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

“The best thing you can do is the right thing; the next best thing you can do is the wrong thing; the worst thing you can do is nothing.” – Theodore Roosevelt