
Who Moved My Cheese? Summary PDF Cheatsheet —

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? 1. Things change: Our cheese is always being moved

In a maze lived two mice and two Littlepeople. Suddenly the supply of cheese they relied on disappeared. The mice simply went to search for new cheese. However, the Littlepeople complicated the situation with their thoughts and emotions, complaining about how terrible and unfair it was.

? 2. Move on: You'll find new cheese faster by letting go sooner

Haw accepts the cheese is gone and sets out to search for new cheese. Although he feels anxious, he knows the only way to survive is by embracing change and moving forward past his comfort zone.

? 3. Use imagination: Seeing better new cheese in your future keeps you inspired

Movement in a purposeful direction started to make Haw feel good. He motivates himself by imagining his future situation could be even better than what he used to have, with lots of great new cheeses.

?? 4. Be prepared: Expect change to happen and it'll disturb you less

In the future, Haw will be prepared for change by closely monitoring his cheese for small signs of changes and constantly exploring the outside to remain informed.

This is just a sample!

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