

Who Moved My Cheese?

by Spencer Johnson (1998)

This is a short book that talks about change. Two mice [Sniff & Scurry] & two people as small as mice [Hem & Haw] ran through a maze looking for cheese. Occasionally they would find enough crumbs to keep them going, but one day they found a cheese station full of cheese. At first, they were happy, then the people became complacent. One day the cheese was gone & the 2 mice hurried off looking for more [which they eventually did find]. But the people were angry & yelled: “who moved my cheese?” They kept going back to the empty station hoping their cheese would come back. They became depressed & stuck.

Sometimes things change. That’s life. Change with it & move on. What would you do if you weren’t afraid? **When you move beyond your fear, you feel free.** Nothing gets better until you change. Imagine how it will feel to find new cheese. Let go of old behavior, not relationships, or it will continue the old ways.

Sniff used his senses & looked for change.

Scurry hurried on with his work.

Hem did not want to change.

Haw was slow to change, but did.

QUOTES:

“The more important your cheese is to you the more you want to hold onto it.”

“If you don’t change, you become extinct.”