

## Who Moved my Cheese?

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Do you find it difficult to cope with the ever-increasing rate of change? Do the people in your business readily accept the challenge of change? Do similar issues flow into your family life? If so this delightful little book is for you. Written by one of the co-authors of the 'One Minute Manager', it puts change processes into perspective in a very easy to read format.

'Who Moved my Cheese?' tells the story of two mice, 'Sniff' and 'Scurry' and two little people, 'Hem' and 'Haw' who spend their lives in a maze looking for their own special Cheese. As the mice have very simple brains they just do what mice do - race about looking for cheese. The little people though, have advanced thinking powers which are overlaid by beliefs and emotions, and they look for a different kind of Cheese (spelt with a capital C), which they believe will make them happy and successful.

The book relates what happens when the two separate parties find what they think is a never ending supply of 'Cheese', and then their reaction, when one day they discover that their 'Cheese' is no longer there.

The mice, being mice, merely sniff the air and scurry off looking for another supply. They go in the wrong direction, get lost, bump into walls, but eventually find what they were looking for. The little people though, have become complacent. They have a level of expectation and can't understand why their Cheese is no longer where it should be. They rail against what has happened to them, and continue to go back to the original location expecting that life would soon be back to normal. In effect their emotions, beliefs and powers of thinking and analysis, hold them back.

We are taken on 'Haw's' journey of discovery, where along the way he learns the following lessons -

- Having Cheese makes you happy.
- The more important your Cheese is to you, the more you want to hold onto it.
- If you do not change, you can become extinct.
- What would you do if you weren't afraid?
- Smell the Cheese often so you know when it's getting old.
- Movement in a new direction helps you find new cheese.
- When you move beyond your fear, you feel free.
- Imagining enjoying new Cheese, even before finding it, leads to it.
- The quicker you let go of old Cheese, the sooner you find new Cheese.
- It is safer to search in the maze than remain in a Cheeseless situation.
- Old beliefs do not lead you to new Cheese.
- When you see that you can find new Cheese, you change course.
- Noticing small changes early helps you to adapt to the bigger changes that are to come.
- Move with the Cheese and enjoy it.

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## Who Moved my Cheese?

The lessons learned are summarised as follows -

### **The Handwriting on the Wall**

#### **Change Happens**

They keep moving the cheese

#### **Anticipate Change**

Get ready for the cheese to move

#### **Monitor Change**

Smell the cheese often so you  
Know when it is getting old

#### **Adapt to Change Quickly**

The quicker you let go of old cheese, the sooner  
you can enjoy new cheese

#### **Change**

Move with the cheese

#### **Enjoy Change!**

Savour the adventure and  
Enjoy the taste of new cheese

#### **Be Ready to Change Quickly and Enjoy It Again**

They keep moving the cheese

### ***In Summary***

These principles apply to all of us living in today's changing environment. How quickly we learn the lessons, determines how successful we are in finding our own special Cheese.

The book itself can be read in under an hour, and is written in a style that can easily be understood by children as well as adults. It comes highly recommended for any person, business or organisation grappling with change.

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