

Have Fun and Don't Die!

How to Gain Momentum through Change & Challenge.

DFW Hospital Council Foundation

Patient Safety Summit

September 24, 2026

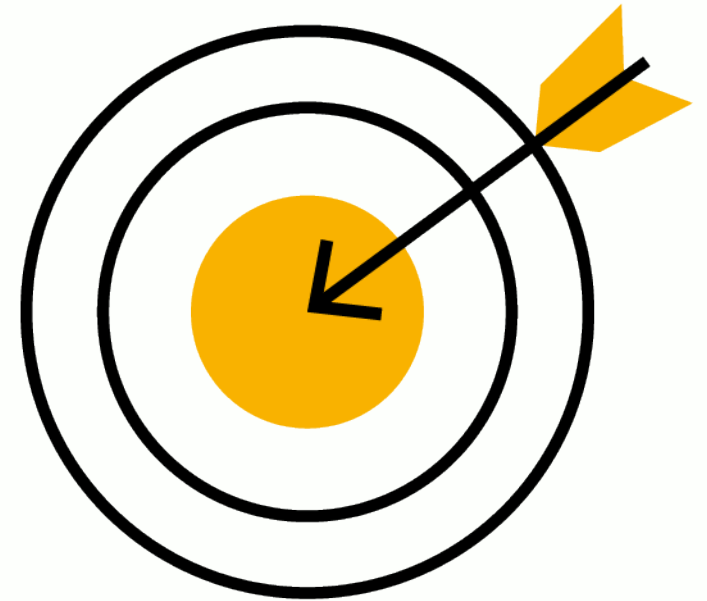


Beth Guyton, MAIOP



Learning Objectives

- Describe at least three strategies for navigating change.
- Describe the best mindset for creating momentum during difficult transitions.
- Practice ways to stay positive even when the road is long and uncertain.



Some Simple Truths about Change

Change is Hard.

Change Takes Energy, Intention, and Time.

Change is Exhausting.

WHY IS CHANGE HARD?

Change is Exhausting

- **Uncertainty**
- **Loss**
- **Worry & Fear**



I have suffered a great many
catastrophes in my life.
Most of them never happened.

MARK TWAIN

Is it different when we choose change?

Cocktail

A stimulating liquor composed of spirits, sugar, water, and bitters.

Also called a “Bittered Sling.”

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The Balance and Columbian Repository,
Hudson New York, 1806.



I Mixed Myself a Stress Cocktail

- Starting over at 57
- New Job - Closed Business
- Divorce
- Leaving a place I had lived 25 years
- Determination & Energy



Mountain biking became both a symbol
and source of significant personal
transformation.

-BETH GUYTON





How to Gain Momentum Through Change and Challenge

What Mountain Biking has Taught Me

HAVE FUN, DON'T DIE

Separate From What's Comfortable

- Separating is scary.
- Separation gives you the most control and ability to navigate tough terrain.
- Get out of your comfort zone.



HAVE FUN, DON'T DIE

Your Focus Sets Your Path

- Look where you want to go.
- You get stuck when you focus on obstacles.
- Life is dynamic, always offering new points of focus.



HAVE FUN, DON'T DIE

Mind Your Mindset

- Sometimes it's not your gears that need to shift.
- What you expect, you usually get.
- How you see things creates your reality.



HAVE FUN, DON'T DIE

Speed Matters

- Fear slows us down.
- Slow can be dangerous.
- Speed is necessary sometimes.
- Know your speed, go your speed.



HAVE FUN, DON'T DIE

Fall Carefully

- You will fall.
- The most successful people fail the most.
- Protect your priorities.
- Getting up is what matters.



Foes, Friends, Wonder & Caring on the Trail





Foes to Fear



Foes to Fear

Wonder & Friends





Wonder & Friends



Wonder

Beauty and Wonder



Others to Care For



Change is a Gift

Life is Generous.

You Choose How & What You Receive.

You Set Your Limits.

You are Tougher than You Think.

Transformation Takes Time.

Everything Comes to an End.

Life is Supposed to Be Fun!

HAVE FUN, DON'T DIE

Let's Connect

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