

Casey Baugh Book Summary

Who Moved My Cheese? – Book #10 in My 52-Week Challenge

Who Moved My Cheese? by Spencer Johnson is a simple yet powerful parable about dealing with change. The story follows four characters—two mice, Sniff and Scurry, and two little people, Hem and Haw—who live in a maze and rely on cheese for survival. When their cheese supply is unexpectedly moved, each character responds differently: Sniff and Scurry quickly adapt and search for new cheese, while Hem resists change and remains stuck in fear. Haw, after much hesitation, eventually embraces change and finds success. The book illustrates a crucial life lesson: those who adapt to change thrive, while those who resist it struggle.

How This Book Changed My Perspective on Change

While serving my church mission in Oklahoma, my dad sent me Who Moved My Cheese? in a package. At the time, I was facing the challenge of adapting to a new environment, new expectations, and the uncertainties that come with missionary life. The book helped me reframe the way I thought about change—not as something to fear, but as something to embrace. It taught me that change is inevitable, and our success depends on how quickly and effectively we adapt.

The Fear of Leveling Up

Throughout my life, I've faced the fear that comes with moving to the next level—whether it was transitioning from high school to being a college athlete, stepping into marriage, starting a professional career, or taking on new leadership roles. Every time, there was a moment of hesitation, a fear of leaving behind the familiar “cheese” and stepping into the unknown. But time and time again, I've seen that the greatest opportunities come when we're willing to move forward, even when it's uncomfortable.

Why I Highly Recommend This Book

Who Moved My Cheese? is a must-read for anyone navigating change—whether in business, relationships, or personal growth. It's a reminder that change is not something to be feared but embraced. If you're feeling stuck or hesitant about a transition in life, read this book. The sooner you learn to move with the cheese, the sooner you'll find new opportunities and success.