
CULTIVATE CHANGE

Tips for Choosing a Focus Area

1. DON'T OVERTHINK IT

Choose an area of life that feels meaningful and worthwhile to make change in right now and don't get stuck in the decision making process.

2. KNOW YOU CAN CHANGE YOUR MIND

You can easily change or refine this choice as you gather more information in Module 2 and the beginning of Module 3.

3. PLAN TO MAKE CHANGE IN OTHER AREAS LATER

It's ok if you feel drawn to multiple focus areas right now. You'll have a chance to make change in other areas after your first round through the course. Keep other ideas for changes you want to make on a page in your journal. That way you can go back when you're ready and choose another.

4. IF MULTIPLE AREAS FEEL IMPORTANT RIGHT NOW...

We recommend you pick the focus area that: a) you feel most drawn to make change in right now and/or b) the one that you think will have the biggest impact in your life at the moment.