
CULTIVATE CHANGE

Progress Tracker

MODULE 1: GET HOPEFUL

- Watch Video
- Workbook Activity 1: Focus & Hope
- Audio Activity: Get Hopeful
- Workbook Activity 2: Get Curious
- Workbook Activity 3: Get Courageous

MODULE 2: YOUR INNER COMPASS

- Watch Video
- Audio Activity: What Matters Most
- Workbook Activity 1: Audio Reflections
- Workbook Activity 2: Values Assessment

MODULE 3: DRAW YOUR MAP

- Watch Video
- Workbook Activity 1: Goals With Soul
- Audio Activity: SMART Goal Writing
- Workbook Activity 2: Get SMART
- Workbook Activity 3: Drawing a Map

MODULE 4: BUST THROUGH BARRIERS

- Watch Video
- Workbook Activity 1: Forecast Barriers
- Audio Activity: Make Room & Soothe
- Workbook Activity 2: Unhooking & Making Room

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MODULE 5: SECRET SAUCE

- Watch Video
- Workbook Activity 1: Change Secret
- Audio Activity: Morning Kickstart
- Audio Activity: Brain Break
- Audio Activity: Body Listening

MODULE 6: BEFRIEND YOURSELF

- Watch Video
- Workbook Activity 1: Self-Compassion
- Audio Activity: Self-Compassion SOS
- Workbook Activity 2: Befriending Yourself

MODULE 7: STAY THE COURSE

- Watch Video
- Workbook Activity 1: Away & Towards
- Audio Activity: Be Bold Tool
- Workbook Activity 2: Be B.O.L.D.

MODULE 8: YOUR SUPPORT CREW

- Watch Video
- Workbook Activity 1: Support Crew
- Workbook Activity 2: The Path Forward
- Audio Activity: Supported & Empowered