



# MODULE 1: GET HOPEFUL

## VIDEO TRANSCRIPT

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Welcome to the first module of Cultivate Change. I'm so happy to be here with you today. Before we dive in, take a moment to thank yourself for making it here. It's no small feat in our already full lives to carve out extra time to invest in ourselves, so thank you.

Simply showing up again and again is a huge part of the change making process. And the fact that you've chosen to be here in the first place means everything, because the world desperately needs more powerful change makers.

Any shift or change any of us want to see in the world has to start from within ourselves. But the work you do to empower yourself is so much bigger than just you.

As you shine brighter and live braver, so does the world around you. And we all benefit. So, let's dive in. I want you to think about a time you really wanted to create or change something in your life but deeply doubted that it could happen.

A time where you approached a change or goal with a mostly doubtful mindset. Maybe that time's right now with the current changes you wanna make.

### CONSIDER THAT FOR A MOMENT WHILE I TELL YOU A STORY.

When I was a little girl, I loved to dance. Any kind of dance, but especially ballet. I can still remember my first light pink leotard and tights, and those little flat ballet shoes that I got when I was about four or five years old.

I was a kid who loved playing in the dirt, too. But suddenly, in that outfit, I felt like a real dancer. I felt so proud decked out in my new outfit with my little bowl cut. I was definitely rocking a bowl cut, but too young to realize how much we'd all regret those haircuts later.

Anyways, one of my childhood dreams was to learn to dance on those beautiful ballet pointe shoes. You know the ones where they're up on their tippy-toes twirling around? The ones that all the professional ballet dancers wear.

Before dance class I would watch the older girls lacing up the soft, pink ribbons of their pointe shoes outside the studio. And I was in awe just imagining and dreaming about what it would feel like to experience my body moving so gracefully.

And of course, it would involve one of those awesome outfits with the big tutus and the sequins. I could see it so clearly.

I took ballet classes until I was about eleven. Then just before I would have been able to start

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dancing on those pointe shoes, I quit ballet.

I didn't quit because I stopped liking it. I still loved it. I quit because I didn't believe I'd ever become one of those graceful dancers in the pointe shoes.

And so, I thought there was no point in continuing ballet classes. In my mind, I didn't see anyone that looked like me. I saw that all the older dancers had slim figures and long limbs, and they were so much more graceful than I considered myself to be in my changing body.

None of them had an athletic build, soft belly, or looked nearly as awkward as I felt at that time. So I came to the conclusion that it was never gonna happen for me and I might as well quit.

And guess what? I never did dance on those pointe shoes. I never gave myself a chance. My doubtful mindset limited me before I even had the opportunity.

I was so, so close. Months away. But I couldn't see it. If I had continued to dance, I would have experienced that dream becoming reality, and my confidence building.

Now, quitting ballet had relatively minor consequences in the big scheme of my life. Mostly, it means I'm always trying to make my poor husband and friends dance with me any chance I get. And I do a lot of interpretive dancing in my kitchen.

But this story illustrates so clearly how our mindset influences our choices and approach. And that is hugely consequential, either positively or negatively in the course of our lives.

Especially when it comes to the really, really meaningful stuff. Our relationships, our work, our health, and our passions.

When we start out with a predominantly doubtful mindset we automatically limit our ability to change.

It is important to clarify that it's completely normal and expected to have all sorts of doubtful thoughts. It's part of being human. And the braver and bigger we live, the more doubts we'll likely have come up.

The goal is not to get rid of doubtful thoughts, but relate to them more skillfully while we build up a more helpful overall mindset. One that propels us towards what we most hope for in our lives and that gives us the best chance of succeeding in making change.

### **THAT'S WHERE THE ANYTHING IS POSSIBLE MINDSET COMES IN.**

The process of change starts before you make any actual, tangible steps towards change. It starts with cultivating the mindset that something could actually be different. It starts with letting ourselves dream big.

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Allowing ourselves to dream big does not negate the very real challenges and limitations that each of us experience in our lives. We'll take time to ground our dreamy visions in reality later on in this course.

But it's crucial that in these early stages of making change we let the fears and limitations rest, that we muster up the courage to let ourselves dream like we did as children so we can start thinking beyond the limitations of our current reality.

## **THE ANYTHING IS POSSIBLE MINDSET HAS THREE MAJOR COMPONENTS. THE FIRST IS HOPE.**

Cultivating hope means asking questions like, What if there's a possibility here? What if everything is figure out-able? What's possible that I might not be considering?

The birthplace of change is honoring our desire to make a shift while making room for hope to well out. Hope is not just a fleeting emotion, a pie-in-the-sky perspective, blind optimism, or hustle.

It's not past achievements or having a type-A personality. And it's definitely not simply thinking positive thoughts.

True hope is a grounded, tangible optimism. In the research, high hope thinking has a huge positive impact on our success in the change-making process, especially when the going gets tough.

And the best news, hopeful thinking doesn't have to be something we were born with. We can learn to think this way at any age.

In Hope Theory, created and studied by psychologist C. R. Snyder and his colleagues, hope is defined as a combination of three things. Meaningful goals, willful thoughts, and pathway thoughts.

Meaningful goals are desired outcomes that are aligned with what matters most to the goal setter. In this case that's you.

Willful thoughts are empowering thoughts about your own ability, motivation, and determination. That's like, I can. I'll try. I'm ready to do this. I've got what it takes.

And pathway thoughts are empowering thoughts about our ability to find an effective path, an alternative pass to achieve our meaningful goals. This component is basically a belief that you can and will find a route to get there, even if there are bumps in the road.

This definition of hope is super exciting to me because hope is no longer just an abstract concept. We know its ingredients, and we can cultivate more of it.

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**THE SECOND COMPONENT OF THE ANYTHING IS POSSIBLE MINDSET IS COURAGE.** The word courage means, to speak the truth with your whole heart.

Speaking the truth to ourselves or others about what we most hope for takes courage. It's vulnerable and incredibly brave to move into a hopeful mindset especially when there have been setbacks in the past.

So even if you're only privately acknowledging your desire to change, this acknowledgement is a very sacred step. One that takes courage.

**THE THIRD COMPONENT OF THE ANYTHING IS POSSIBLE MINDSET IS CURIOSITY.**

Being critical of ourselves is a go-to approach for many of us. But when we practice staying curious instead of critical about ourselves through the change-making process we make room for new ideas, new possibilities, and new insights.

So starting now, we encourage you to practice suspending your judgments as much as possible and getting really curious about what's going well for you, what isn't going well for you, why that might be, and how you might be able to shift that.

The more you continue to call on your curiosity, the more the world opens up for you. The more options and possibilities you'll see. The more space there is for life to be messy, flawed, imperfect as you still keep moving towards the things that matter most.

As my own ability to cultivate hope, courage, and curiosity has grown, this mindset has been the starting place of all of the most meaningful changes and achievements in my life.

It's made possible things my younger self could have never fathomed. Like leading a kayaking expedition across Mongolian Russia, healing from difficult childhood experiences, overcoming physical health problems, and launching Luminary with my dear friend and colleague, Cara.

It's easy for me to slip back into a doubtful mindset. But knowing my mindset matters, and working to cultivate an anything is possible mindset has made all the difference.

The audio and workbook activities in module one will guide you through some actionable ways to cultivate high hope thinking, courage, and curiosity in your life specifically around the change you'd like to make. And the entire framework of this course is built to help you keep growing this valuable mindset.

**ANOTHER CRUCIAL PART OF SETTING YOURSELF UP FOR SUCCESS IS TO FOCUS YOUR EFFORTS EARLY AND OFTEN.**

In the module one workbook, we'll invite you to choose just one area of your life that you

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feel very compelled to create change in.

This might come as a relief, or if you're like me and like to do all of the things, all the time, your mind is probably already protesting the idea of choosing just one.

It's tempting to try to change multiple things at once. But it's way more effective to focus on one area at a time. This gives you the greatest chance of making changes that stick.

Some common domains, or areas of life that you might choose to focus on first include your body, health, mental and emotional wellbeing, relationships, parenting, your work in the world, financial wellbeing, or your spiritual life, just to name a few.

After the course, when you're ready to make changes in another area of your life you'll start at the beginning of this process again.

As you become more familiar with the cultivate change process, you'll move through it much more quickly. But you'll want to start at the beginning each time.

Now we invite you to start dreaming and getting into that anything is possible mindset. If anything was possible, if there were no barriers, no constraints, no chances of failure ... What would you create?

Start to really envision it. And this step is sacred. There's an incredible alchemy that happens when we spend time with our dreams. Powerful shifts start happening.

So now it's time to put pen to paper and practice cultivating the anything is possible mindset. Start by downloading the module one workbook, and it will guide you from there.

Enjoy this important and often fun first step of making change. We'll see you next week.