

CULTIVATE CHANGE

Module	01	GET HOPEFUL
ACTIVITIES		Workbook

Make lasting change & live a life of intention.

FOCUS & HOPE

Let's dive in.

OVERVIEW

The process of change starts before you take any physical steps forward. It starts with the idea that something can be different. Let's get hopeful and cultivate the courage to believe change *can* happen.

To begin, choose one area of life to focus your changemaking efforts on. *Focusing* your energy and efforts is *crucial* for your success.

Don't worry if you want to make multiple changes. You can go back through the Cultivate Change process as many times as you'd like for other areas you'd like to change.

The best thing about your life is that it is constantly in a state of design. This means you have, at all times, the power to redesign it. Make moves, allow shifts, smile more, do more, do less, say no, say yes. Just remember, when it comes to your life you are not just the artist, but the masterpiece as well.

- Cleo Wade

CHOOSE A FOCUS AREA

CHOOSE ONE AREA OF YOUR LIFE TO FOCUS ON FOR THIS ROUND THROUGH THE COURSE. WRITE IT BELOW.

Areas of Life Examples

- Health & Body (This area includes healing a health problem, finding a healthy weight balance, improving your nutrition, increasing exercise or movement, etc.)
- Body Image
- Mental & Emotional Well-being
- Personal Development
- Your Work/Career/Occupation
- Parenting
- Community & Friendships
- Relationship With a Significant Other/Spouse
- Dating
- Healing From Difficult Life Experiences (i.e., loss, a difficult break-up or divorce, trauma, mental illness or addiction in yourself or a family member, experiences of violence, grief, etc.)
- Time Management
- Home & Personal Spaces
- Family Relationships
- Finances/Financial Well-being
- Spirituality
- Creating Meaning & Purpose in Your Life
- Creativity
- Fun, Play, Hobbies & Adventure
- Other _____

YOUR FOCUS AREA: _____

NEXT, LISTEN TO THE 'GET HOPEFUL' AUDIO PRACTICE

Jot down any notes about your experience with this activity in your journal. Once you're done, move on to the next activity in this workbook—Get Curious.

GET CURIOUS

With art journaling.

GET CURIOUS: ART JOURNALING ACTIVITY

OVERVIEW

In this activity you'll further explore and get curious about what you hope for in your Focus Area. Art journaling can help you get out of your head and tap into your heart. The practice is about creating and playing solely for your own self-expression and growth, without the pressure of a specific outcome. It's incredibly freeing once you get started. And helps you integrate experiences, feelings, and your deeper desires in a way the logical part of your brain cannot.

It may feel intimidating staring at a blank page. The most important step is to *begin*—get some color or a shape onto the page. Remember—there are no rules or expectations. You don't have to be an "artist" to express yourself creatively—anything goes. Resist the urge to let your logical brain take over and overthink it. Bring curiosity, playfulness, and any simple art supplies you have. Throw caution to the wind and let the experience unfold!

SUPPLIES

Unlined art journal or a blank sheet of paper

Any simple art supplies you have: colored markers, colored pencils, paint, magazine clippings, etc

A comfortable place to get creative

Creativity embeds knowledge so that it can become practice. We move what we're learning from our head to our hearts through our hands.

—Brené Brown

PROMPT & INSTRUCTIONS

Consider what you most hope for in your Focus Area. What do you long to create in this area of your life? Who do you want to be? How do you want to feel? If anything was possible and you couldn't fail, what would you do?

Use drawings, symbols, colors, magazine clippings, and words to explore what you hope for in this area of your life. Do your best to let go of any expectations of what your page(s) will look like. No specific outcome is needed. So get curious, have fun, and immerse yourself in the experience.

REFLECTION QUESTION

Briefly, what was the most exciting image, word, or idea that came up for you during this activity? What gave you chills or made your heart beat faster? You'll have a chance to expand on these reflections in the next activity.

GET COURAGEOUS

With your vision.

GET COURAGEOUS: REFLECTIONS & VISIONS

It takes courage to write down or say out loud what you hope for with your whole heart. This activity will help you build up your courage through a series of reflection questions and some vision writing.

Allow yourself to dream big and to truly hope. Be courageous. Let your thoughts flow freely onto the page without censoring them.

BEFORE YOU GET STARTED, TAKE A MOMENT. PAUSE. BREATHE DEEPLY.

Make sure you're in a comfortable place where you won't be disturbed for the next 20 minutes or so. Then recall what you envisioned in the Get Hopeful Audio and dreamt up in the Art Journaling Activity. Take a few more deep breaths and let those experiences come back to life in your mind.

NOW REFLECT ON THE QUESTIONS BELOW...

WHAT IS YOUR HEART'S DEEPEST DESIRE FOR YOUR FOCUS AREA? What do you long to create and experience there? How do you want to feel? Who do you want to be? Be as specific as possible.

WHAT WOULD FULLY SUPPORTING YOUR FOCUS AREA LOOK LIKE FOR YOU? In an ideal world what resources and people would you call on to help you support this area of your life?

CONNECT WITH YOUR SUCCESSES

Bringing to mind our past successes boosts our hope and courage. It helps us generate a positive view of our ability to impact our lives—a key component of hope. Let's connect with some of your past successes in meeting meaningful goals and making change.

RECALL ONE OR MORE OF THE ACCOMPLISHMENTS YOU'RE MOST PROUD OF IN YOUR LIFE. Write them below. It's OK if they have nothing to do with your Focus Area.

IF WE WERE TO INTERVIEW ONE OF YOUR DEAREST FRIENDS, WHAT WOULD HE OR SHE SAY IS AN ACCOMPLISHMENT OF YOURS THEY ADMIRE?

WHAT CHALLENGES, OBSTACLES, OR BARRIERS (BIG OR SMALL) DID YOU OVERCOME IN ORDER TO SUCCEED IN THESE ACCOMPLISHMENTS?

The very least you can do in your life is figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.

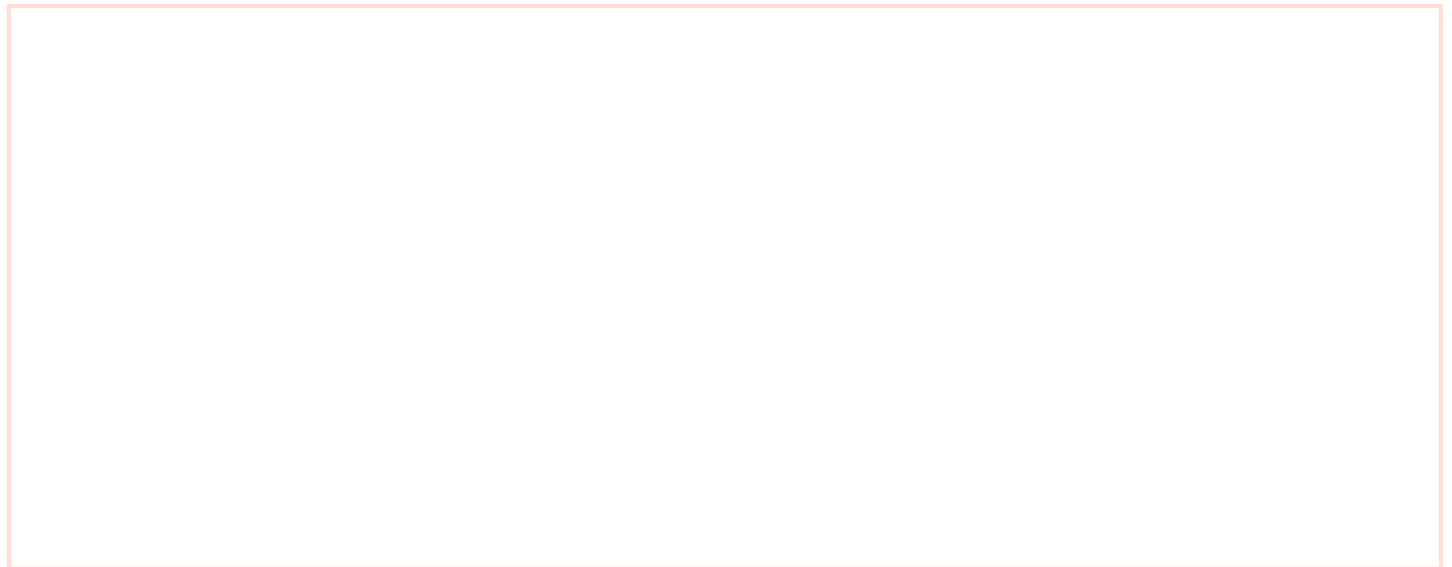
– Barbara Kingsolver

CRAFT A VISION

Now take all of the ideas, brainstorm, and inspiration that you've gathered in this module and write a few statements that encapsulate your hopeful vision for this area of your life. Be as specific as possible and make it descriptive.

FIRST, REVIEW THE POWERFUL VISIONING CHECKLIST ON PG. 11 & 12 TO ENSURE YOU'RE WRITING FOR MAXIMUM INSPIRATION AND POTENCY.

Then, using the checklist, write a few statements that describe your hopeful and courageous vision for your focus area. Let it be juicy, dreamy, inspiring, and brave.



YOU CAN REVISIT YOUR VISION (OR REWRITE IT!) ANY TIME TO STAY HOPEFUL, INSPIRED, AND CLEAR ON WHAT YOU MOST WANT TO CREATE IN YOUR LIFE.

We hope you've enjoyed exploring your dreams! We'll see you in the next module.

EXTRA RESOURCES

Just for you.

POWERFUL VISIONING CHECKLIST

Use this Powerful Visioning Checklist to write compelling visions of what you want to create in your life. It can take some time to get clear on what we most desire in our lives. And to find the words that light us up with excitement and help propel our lives toward the things that matter most to us. So think of this activity as an ongoing exploration to come back to at any time for inspiration and clarity.

- FOCUS ON ONE AREA OF LIFE AT A TIME**
It's easy to get excited and write about a variety of things all at once. But visions are more potent when we focus in on one area of life or relationship at a time. Don't worry, you can always write about other areas of life later!
- WRITE IT IN THE HERE & NOW**
Write what you envision as if it's already happening. This makes it extra potent. So instead of writing "I become more patient and relaxed", write "I am patient and relaxed."
- PAUSE AND CONNECT**
Anytime you sit down to brainstorm or write about your vision, first take a few quiet moments. Pause. Breathe deeply. Check in with your body and yourself. And make sure you're in a comfortable place where you won't be disturbed.
- OUT OF YOUR BRAIN & INTO YOUR HEART**
Whatever helps you get into that open, dreamy, connected, heart-centered place—do that. Place one hand over the center of your chest and feel into that space. Or imagine breathing in and out through your heart. Or dance freely to your favorite song. Or sit quietly in your favorite outdoor place and notice all the beautiful details—sights, smells, sensations.
- LET IT FLOW FREELY TO START**
When you sit down to write about your vision let it flow freely. Try not to censor yourself—even if doubts or fears come up. Let it be unstructured—words, symbols, arrows from one thing to another, random ideas. Include it all.
- REVISE AND EVOLVE IT**
It can take some time to get clear on what we most desire in our lives. And find the words that most resonate with us—that make us light up with excitement and help propel our lives toward the things that matter most to us. So we encourage you to think of this activity as an ongoing exploration. The work gets more potent with curiosity, courage, and investment. It evolves over time.
- HAVE FUN WITH IT**
We love grabbing a cup of tea and a notebook, finding a cozy spot to write, and letting our dreams run wild when we first sit down to write one of these. Think about what could make this activity fun and inspiring for you.

DREAM BIG AND KEEP IT POSSIBLE

One of the goals of this activity is to help you dream bigger and let go of self-imposed limits. But it's also important to keep it in the realm of the possible. One way to do this is to check for absolutes (always, never, every, perfect) or extremes and replace those phrases with something truer. For example instead of "I exercise every day and love every minute of it" try "I nourish my body with plenty of enjoyable movement." Ahhh, much better.

AIM TO INSPIRE YOURSELF

Read through your hopeful vision again. Does anything feel flat? Dull? Uninspiring? So-so? Cliché? Every sentence should connect with you, get you excited, make your skin tingle, or feel inspiring to you in some way. Sometimes an uninspiring sentence simply needs new wording that really resonates with you. Or sometimes you realize the idea simply isn't inspiring or important to you after all and needs to go. Another great question to ask is—would being this way or having this happen make my life more vibrant and fulfilling?

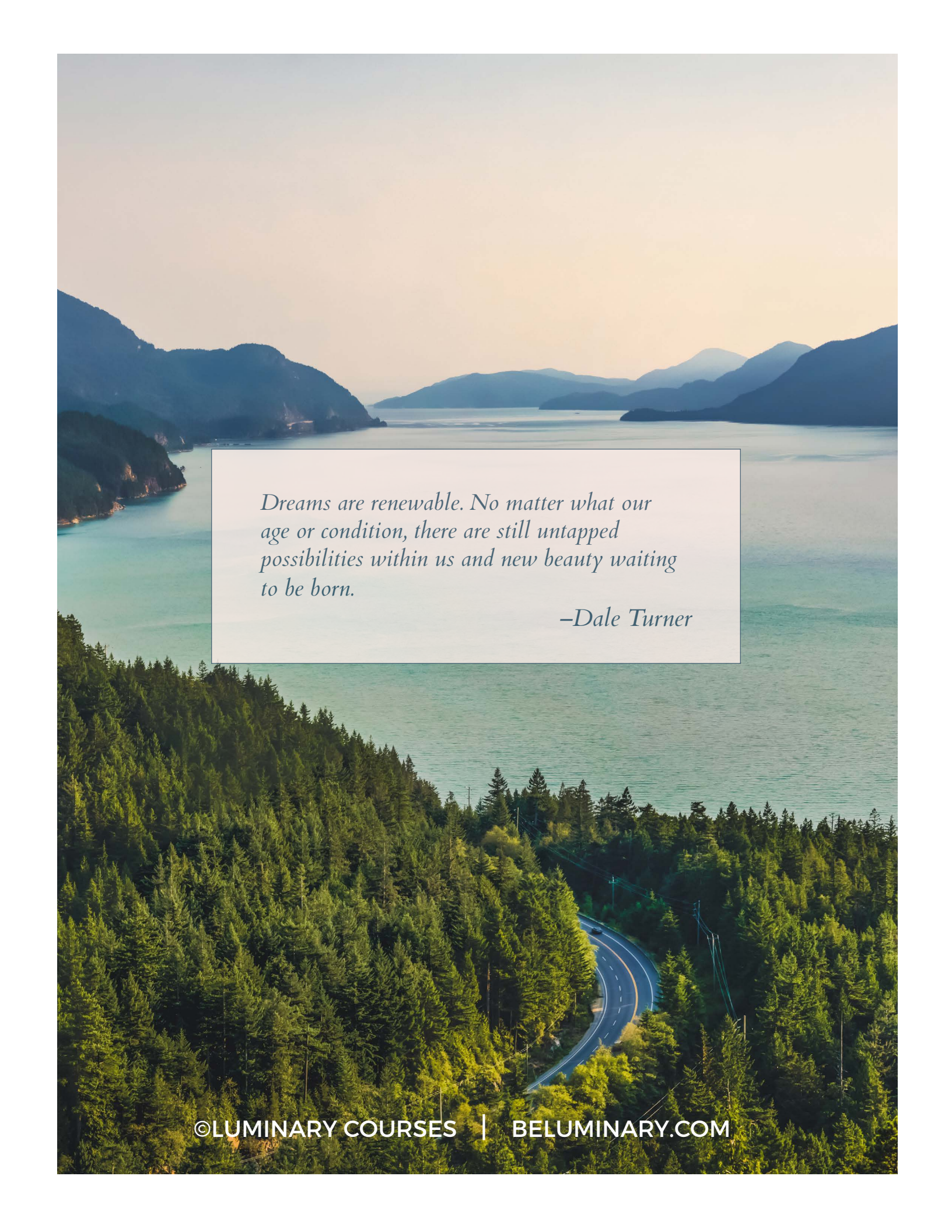
FOCUS ON THE POSITIVE

It's easy to let our doubts, self-criticism, sarcasm, or disbelief sneak into our writing. Most of us are used to interrupting our hoping and visioning with these "reality checks." This is totally normal. Our minds are designed to consider negative outcomes. But this isn't very helpful when we're trying to open ourselves up to possibility. So go back through your vision and circle anything critical, doubting, or written in the negative and write it in the positive. Example: Change "I finally lose my muffin top" to "My weight is balanced and I feel elegant in my own skin." Or change "I no longer eat junk food" to "I eat delicious and nourishing foods that support my body."

LET IT SIMMER

Some of the best inspiration comes when we've spent time on something, then set it down for a while, letting it simmer on the back burner while we do other things. We recommend working on your vision for a bit, then setting it down for a while and coming back to it.





Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born.

-Dale Turner