



JUMPSTART YOUR CHANGE TOOLKIT

Welcome to the Jumpstart Your Change Toolkit...

Our goal with this workbook is to help you clean out some of the old to make way for all that juicy new that you desire. You'll do a little soul-searching, quite a bit of unpacking and might wander into some dark corners. Keep shining that gorgeous light of yours and pretty soon you'll be waking up every day with a smile.

Mindful-U is here to support you on this journey, so please reach out if you have a question or hit a stumbling block.

Reach us at expand@mindful-u.com or ask us in the private "Jumpstart Your Change" Facebook group (there's a link in your email).

We love that you're ready to jumpstart your change and we can't wait to be part of it! This booklet is part of our propriety library of tools and techniques for masterminding positive change so we do ask that you not share it, teach it, copy it, reproduce it, sell it, post it or distribute it anywhere without the express written permission of Mindful-U, LLC. If you or someone else is interested in the ability to use this material for more than your individual development, please have them reach out to us at the email address above.

Enough of the legal, let's get you moving....forward!



Step 1: Assess

The first step in creating effective, connected and lasting change is to figure out which areas of our lives are currently under the most stress or are creating the highest level of discomfort. Often, we focus exclusively on either the areas of career or romantic relationships, thinking that “If I just get a better job or a loving relationship, everything will be ok”. These are both important aspects of life, but they might not be where YOU need to start making your shifts. Allow the possibility to exist that there may be other areas causing you unacknowledged stress and that those areas might need to be addressed first. Commonly ignored areas include Fun & Enjoyment, Finances, Spirituality and Family.

List of Typical Life Categories (but feel free to add your own):

- | | | |
|----------------------|------------------------|-------------------|
| Social Relationships | Intimate Relationships | Fun & Enjoyment |
| Personal Development | Career/Profession | Finances |
| Family/Parenting | Spirituality | Health & Wellness |

What area(s) of your life are working really well right now AND bring you joy?

What area(s) of your life are working well right now, but do not bring you joy?

What area(s) of your life are not working well right now, but do not cause active pain or irritation?

What area(s) of your life are not working well right now AND are causing you pain or irritation?

Step 2: Clarity

Once you’ve determined which area is both causing you active pain/irritation AND is not working well, you have your starting place. First, start thinking about which 3-5 small action steps would help you start to decrease the amount of pain in that area. The goal is to first diminish the pain/irritation so you can make a more clear assessment of what larger changes you would like to make. Slowly shift yourself away from the “anything is better than this” to “this is the ideal change for this area of my life”.



Whew, take a minute to just breathe...

The first exercise in Jumpstart can cause a little brain blast, especially if you uncovered an area that you didn't expect to contain pain and now you're reeling from that realization.

Change is most effective when it's intentional and connected to your values.

Intentional, meaning that you are taking conscious, well thought out action toward shifting an area of your life. You're not just throwing a little spaghetti at the wall and hoping change sticks. You're thinking about what you REALLY want in that area of your life. You're focusing on what changes will have the biggest impact and you're creating a vision for your next steps.

Your values are the fundamental truths by which you live your life. Think "authenticity", "fulfillment" or "joy". There are usually 4-5 primary values that directly influence your life decisions and reactions.

Think about what values are connected to the area of your life from Step 2. How could you bring yourself into deeper alignment with those values?

Take a few minutes to just let all these ideas settle. Spend 5-10 minutes in silence, just taking deep, slow breaths and noticing your thoughts. What's coming up for you?

Step 3: What's getting in the way of your change?

There are so many reasons NOT to change and we're experts at coming up with them. You're now going to start digging through the elements that come up when YOU think about making life changes. As always, knowledge is power and creating awareness is the first step in overcoming the blocks that keep you from making the changes you desire. The key to this exercise is to connect with your vulnerability and to allow yourself to be honest as you answer each question. Write down the first answers that come to mind, even if they feel ugly to you. You'll probably uncover some negative self-talk as well as some ideas that have been holding you back your whole life. Remember, this is a safe space and the only person who will see your answers is YOU. Be gentle with yourself.

What comes up for you when you think about making small changes?

Example: Setting up a dating profile, updating your resume, changing an eating habit, doing something different on the weekend, trying a new workout, etc.

❖ Thoughts...

❖ Feelings...

❖ Ideas...

❖ Excuses...

❖ Fears....

What comes up for you when you think about making big changes?

Example: Changing jobs, moving to a new city, leaving/starting a relationship, etc.

❖ Thoughts...

❖ Feelings...

❖ Ideas...

❖ Excuses...

❖ Fears....

Step 4: Creating Space for Change!

In the previous exercise, you dug deep into all the reasons you use not to get out of your comfort zone. Now you're going to think about what it would be like if you did!

You'll probably notice a lot of internal responses as you ask yourself the questions below. Pay attention to all the "But...I can't let go because". The ideas from the previous page have been hanging out with you for a long time and have a lot of power. What you're doing now is shaking the foundation of that power, so you can create new and more supportive ideas that allow you to create positive change.

At the beginning, pick just one of the elements from the previous page and go through the questions. Once you get more comfortable, you can take each idea and apply these questions to it!

If you could let go of one of the thoughts, feelings, ideas, excuses or fears from the previous exercise, which would it be?

What power does this idea hold?

Example: Does it keep you safe/in a comfort zone, does it fit with a negative self-perception, does it fit with an idea of how things "should" be, does it keep you from failing or succeeding, etc.

How would your life change if this idea no longer had power over you?

What would you be able to do or stop doing?

Step 5: Build the Vision

In the previous exercises, you've identified blocks and released some negative patterns. Now, it's time to start creating a positive vision to work towards. When we set goals, often the desired outcome is a positive emotional state, as much as it is the promotion, degree, engagement, weight loss, etc., that we are striving to achieve. For example, most weight loss goals aren't exclusively about losing weight. They're much more about the desire to love yourself and the body that you're in. It's much easier to recognize the achievement of your emotional goals when you've spent time thinking about how you will feel, once you've created the life changes you desire.

What does the happy, fulfilled version of yourself look like?

Close your eyes and connect with the you that has made the changes you want to make...the you that's in the right job, with the right partner or living in the perfect place (or all three)! Take a few minutes to write a description of how that life would look and feel. How would it feel to wake up? To go through a day? What would you think before you went to sleep at night?