

A black and white photograph of a forest path. The path starts in the foreground and splits into two paths that lead into a dense forest of bare trees. The ground is covered with patches of snow or frost. The overall mood is contemplative and suggests a point of decision or a 'pivot' in a journey.

# PIVOT

THE CHANGE WORKBOOK

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[www.imind.ca](http://www.imind.ca)

coached by  
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# INTRODUCTION

Change is inevitable.

Whether it is on a macro level like the world, or a micro level like your own bubble – change cannot be stopped.

Instead of fearing change, you should embrace it. When the world around you changes, it is a chance for you to capitalize and change with the times. When your life changes, it's a fresh start.

If you struggle with change, then you are in the right place.

**In this workbook you will:**

- Learn if it's time to change
- Figure out what you want to change
- Create goals that help you change

If you are ready to **pivot** towards more success, happiness and fulfillment then keep reading!

# IS IT TIME FOR CHANGE?

## Change Quiz

For this section, honesty is paramount. Take the quiz below and try to be as honest as possible. Don't overthink the questions.

Answer **yes** or **no** quickly and definitively for the most accurate results (results on next page).

You can write your answers down here, or just keep a rough tally in your head.

1. Do you sense that things in your life just aren't right?
2. Do you feel like you are stuck in a routine?
3. Are you ignoring your mental or physical health?
4. Do you often get jealous of other people?
5. Do you start yearning for the weekend as soon as it is over?
6. Do you often get lost in thoughts of the past?
7. Do you find it tough to get up in the morning?
8. Do you suffer from bouts of unhappiness?
9. Are you indifferent to your surroundings & circumstances?
10. Does everyone or everything seem to annoy you?

## Quiz Results:

**0 Yes Answers:** You seem to be doing well! You seem to be on track, and maybe you don't need to make any serious changes right now.

**1 Yes Answer:** You also seem to be doing pretty well. It might not seem like much, but if you answered yes to even one question, you should still work through this book.

**2-5 Yes Answers:** You might not need a complete overhaul, but there is something in your life that you are itching to change. Work through this book to see if you can narrow down what it is.

**5+ Yes Answers:** You likely have something that you need to change in your life, and it might even be a few things. Working through this book will be a massive help to you, please do not hesitate.

# WHAT DO I NEED TO CHANGE?

If you are reading this, you have realized that you need to change something in your life. You might even already know what it is. I think it's important to work through this exercise regardless. You might stumble across other changes you need to make, maybe things you haven't even thought of yet.

## Brainstorming Change

The first thing we are going to have you do is brainstorm the things in your life you'd like to change. No wrong answer here, and no change is "too small".

[illegible]

[illegible]



## What Would Others Change About You

This is a very similar exercise as before, but the way it is framed forces your mind to think a little differently. Instead of thinking about the things you want to change, think about what other people would want you to change.

Focus solely on the people that matter to you. Think about people like your colleagues, boss, family, friends, roommates, and/or partner.

**Pro Tip:** Ask these people!

**Example:** My girlfriend would like me to be more open with my feelings.

[illegible]

[illegible]

## Prioritizing Change

If you worked through the above two exercises you should have quite a few changes you'd like to make in your life.

Don't worry if you haven't listed many because sometimes it's apparent what you need to change. That said, take all the time you need for the above exercises. Sometimes walking away from the brainstorming and coming back another day will help you think of more ideas.

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Now take your lists from last exercise and highlight 3-5 changes that you would like to change the most. Just doodle a star beside them, or go ahead and list them here:

- 1.
- 2.
- 3.
- 4.
- 5.

This doesn't mean we will forget about our other changes; it just helps us narrow down what to focus on first.

Out of the above list, choose one change to make – and work through the **Time to Change Worksheets** on the following pages. We include 5 of these worksheets but you can use any type of journal to do more.

## TIME TO CHANGE

The following pages include five worksheets that you can use to create a plan of action for your each of the changes you want to make.

**Change #1**

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**The Change Matrix**

<b>How Will This Change Help Me?</b>	<b>Who Am I Making This Change For?</b>
<b>Who Can Help Me With This Change?</b>	<b>What Happens If I Don't Make This Change?</b>

## Five Steps You Can Take to Make Your Change

- 1.
- 2.
- 3.
- 4.
- 5.

## One Step You Can Take Right Now!

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## Track Your Change

Track your changes for 3 weeks, every day that you work towards change, check off a box below. Try to get all 21 days in a row!


**Change #2**

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**The Change Matrix**

<b>How Will This Change Help Me?</b>	<b>Who Am I Making This Change For?</b>
<b>Who Can Help Me With This Change?</b>	<b>What Happens If I Don't Make This Change?</b>

### Five Steps You Can Take to Make Your Change

- 6.
- 7.
- 8.
- 9.
- 10.

### One Step You Can Take Right Now!

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### Track Your Change

Track your changes for 3 weeks, every day that you work towards change, check off a box below. Try to get all 21 days in a row!




**Change #3**

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**The Change Matrix**

<b>How Will This Change Help Me?</b>	<b>Who Am I Making This Change For?</b>
<b>Who Can Help Me With This Change?</b>	<b>What Happens If I Don't Make This Change?</b>

### Five Steps You Can Take to Make Your Change

11.

12.

13.

14.

15.

### One Step You Can Take Right Now!

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### Track Your Change

Track your changes for 3 weeks, every day that you work towards change, check off a box below. Try to get all 21 days in a row!


**Change #4**

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**The Change Matrix**

<b>How Will This Change Help Me?</b>	<b>Who Am I Making This Change For?</b>
<b>Who Can Help Me With This Change?</b>	<b>What Happens If I Don't Make This Change?</b>

### Five Steps You Can Take to Make Your Change

16.

17.

18.

19.

20.

### One Step You Can Take Right Now!

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### Track Your Change

Track your changes for 3 weeks, every day that you work towards change, check off a box below. Try to get all 21 days in a row!


**Change #5**

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**The Change Matrix**

<b>How Will This Change Help Me?</b>	<b>Who Am I Making This Change For?</b>
<b>Who Can Help Me With This Change?</b>	<b>What Happens If I Don't Make This Change?</b>

### Five Steps You Can Take to Make Your Change

21.

22.

23.

24.

25.

### One Step You Can Take Right Now!

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### Track Your Change

Track your changes for 3 weeks, every day that you work towards change, check off a box below. Try to get all 21 days in a row!


# CONCLUSION

One of life's truths: Change is inevitable.

If you agree with that, then you are wasting your energy fighting it. It is time you not only accept change in your life – you embrace it.

Change is new life. Change is fresh starts. Change is progress.

It is also scary. Hopefully this workbook gives you some inspiration to make positive change in your life.

If you worked through this book already, you know:

- If it's time for a change
- What you want to change
- What others want you to change
- The change you want to make first
- How to make that change

All that is left to do is **pivot** and get started!

To all the new and exciting changes in your life, we wish you the best.