

Changing Direction

QUICK COURSE GUIDE

Purpose: Recognize when a direction no longer fits and make a thoughtful pivot without treating change as failure.

Complete the workshop

1	Watch the complete workshop presentation.
2	Use the Participant Workbook to capture what has changed and what still matters.
3	Check the decision through values, energy, reality, and available support.
4	Choose what to stop, keep, and try next.
5	Use the Activities & Handouts as practical decision aids, not extra homework.
6	Finish with one small direction change you are willing to test.

What counts as complete: You watched the presentation, used the workbook where helpful, participated in the core practice, and chose a real-life next step. Private reflection counts. Pass is a complete answer.

Keep Brewing: Save the workbook and any activity cards or trackers that are useful to you. Return to the workshop resources when you want a refresher.

WORKSHOP 05 • CHANGING DIRECTION

Permission to Pivot Card

Changing direction is information, not failure. Use this when the current route no longer fits.

What changed? _____
What still matters? _____
What can be released? _____
New direction I want to test: _____

Use it if it helps. Skip it if it does not.

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Decision Compass

Check four directions before a pivot: VALUES, ENERGY, REALITY, SUPPORT.

VALUES - does this still matter? _____
ENERGY - can I sustain it? _____
REALITY - what facts changed? _____
SUPPORT - what help is available? _____

Use it if it helps. Skip it if it does not.

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Small Turn Plan

Make the pivot small enough to begin instead of dramatic enough to scare you.

One thing I will STOP: _____
One thing I will KEEP: _____
One thing I will TRY: _____
Review date: _____

Use it if it helps. Skip it if it does not.