Finding Your Keystone Change: Setting the First Domino in Motion

Welcome to the first step in your journey of making meaningful changes in your life. In this exercise, we will help you identify a key change you can start with today, a small domino that, once tipped, will set off a cascade of positive improvements. Let's begin by exploring the bigger picture and then work backwards to find the keystone change you can make now.

Step 1: Identify Your Big Change

Reflection Prompt: Think about a significant change you would like to make in your life. This can be a dream, a goal, or an aspiration that feels lofty or challenging. Write it down below.

Example Responses:

- "Not take things so seriously."
- "Move to another country."
- "Start my own business."
- "Improve my physical health."

Your Big Change:

Step 2: Understand the Impact

Reflection Questions:

1. How would achieving this big change impact your life?
    - Consider aspects such as your happiness, stress levels, relationships, and overall well-being.
2. What benefits do you expect to gain from this change?
    - List potential positive outcomes.
3. What barriers or challenges might you face in making this big change?
    - Identify possible obstacles.

Example Responses:

- Impact: Greater peace of mind, more fulfilling relationships.
- Benefits: Increased happiness, reduced stress, more opportunities.
- Barriers: Fear of failure, lack of time, financial constraints.

Step 3: Break Down the Big Change

Reflection Questions:

1. What smaller, related changes could lead up to your big change?
    - Think about habits, routines, or skills that are part of the larger goal.
2. Which areas of your life are connected to this big change?
    - Identify relevant domains such as personal development, health, career, or relationships.

Example Responses:

- Smaller Changes: Practice mindfulness, save money, research new locations.
- Connected Areas: Mental health, financial planning, professional skills.

Step 4: Identify the Keystone Change

Reflection Questions:

1. What is one small, specific change you can start making today that will move you towards your big change?
    - Ensure it is actionable, realistic, and can be started immediately.
2. How will this keystone change set off a positive chain reaction?
    - Consider the immediate and long-term benefits of starting with this small change.

Example Responses:

- Keystone Change: Start a daily mindfulness practice for 5 minutes each morning.
- Positive Chain Reaction: Increased mental clarity, reduced stress, better decision-making.

Your Keystone Change:

Step 5: Envision the Domino Effect

Reflection Questions:

1. How do you imagine this small change leading to bigger changes over time?
    - Visualize the progression from your keystone change to your big change.
2. What are some potential milestones along the way?
    - Identify key points of progress that will keep you motivated.

Example Responses:

- Progression: Daily mindfulness leads to better stress management, which improves relationships and overall happiness.

- Milestones: Completing 30 days of mindfulness, feeling more relaxed in stressful situations, receiving positive feedback from peers.

Conclusion

Congratulations! You have identified a keystone change that will set off a positive domino effect in your life. Keep this reflection handy as you move through the program. Remember, starting small and staying consistent is the key to achieving your big change. Your journey has just begun, and each step you take will bring you closer to your goals

Now go get to it!