



**INSTIGATE**  
THE CHANGE  
DEFY THE STATUS QUO

A Workbook to Reclaim Your  
Dreams, Experience Powerful  
Change, and Create the Life  
You've Always Wanted

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# STEP 1: DREAM BIG

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Instigate the Change

## DREAM BIG!

Many of us stopped dreaming when the harsh realities of life hit us years ago. Instead of dreaming, we are just trying to survive. Now is the time to create the life we've always wanted. Think back to a simpler time in life—a time when dreaming was easier. What did you want to do? Who did you want to be? What were your goals, hopes, and dreams?

Take a few minutes and use the next page to brainstorm the various changes you want to see in your life. What would it take for you to live the life you've always wanted?

Dream big. Don't limit yourself. Brainstorm any changes you might want, regardless of how realistic it seems. Leave out any negative self-talk or analysis. You can analyze afterwards. It's time to ask, "What if?"

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Dream Big

**IT'S TIME TO STOP SURVIVING  
AND START DREAMING!**

Instigate the Change



**DREAM BIG!**

**Ditch the buts and  
ask, "What if?"**

Turn the page and begin brainstorming!

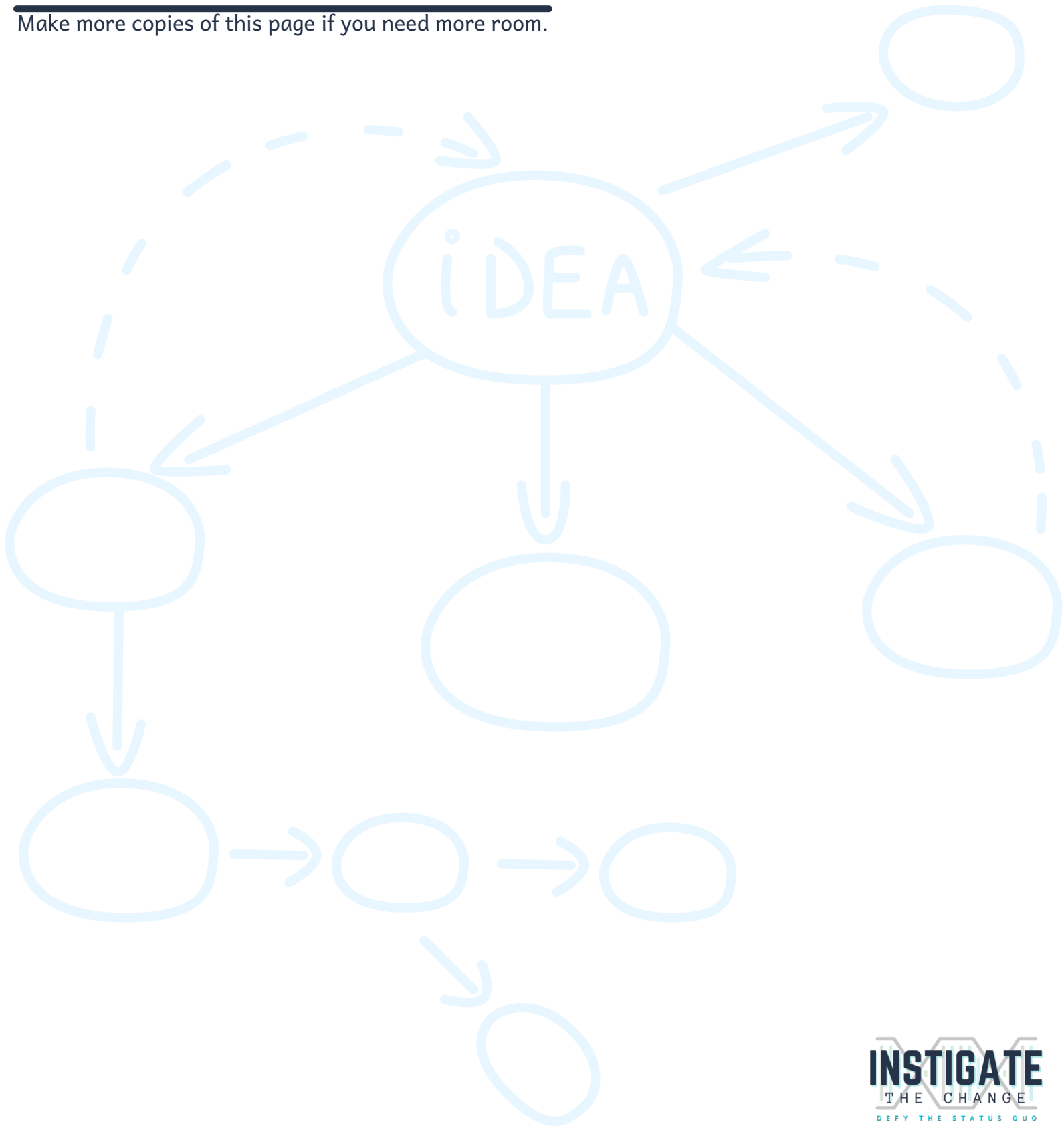
**INSTIGATE**  
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# STEP 1: DREAM BIG

Instigate the Change

**STOP SURVIVING AND START DREAMING!**

Make more copies of this page if you need more room.





## STEP 2: CHOOSE ONE CHANGE

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## Instigate the Change

The second step to instigating change is to choose the one specific change with which to start.

It's important to focus on one change at a time.

While it would be nice to start with all your desired changes, it's unrealistic. The goal is to choose one change and instigate that change, after which you can choose another one. When you start with one change, you exponentially increase your chances of success.

Go back to step one and look over your brainstorming and dreaming. Then choose the one change you want to start with and write it down in the space below. Use this change as you walk through the steps in this workbook.

When you're done with that, it's time to move on to step 3.

Step 2: Choose One Change

**WHEN YOU CHOOSE ONE  
CHANGE, YOU  
EXPONENTIALLY  
INCREASE YOUR CHANCES  
OF INSTIGATING THAT  
CHANGE.**



### **STEP 2: CHOOSE ONE CHANGE**

My One Change:



# STEP 3: DEFINE YOUR DESIRED CHANGE

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## Instigate the Change

It's time to get specific about your change. It is vital to start with the end in mind.

Think about your change like a journey or a road trip. There are two key pieces of data pm a road trip:

your starting point and your destination.

This step is where you define your destination. You will define what success looks like when it comes to your change.

There are steps and habits that will make up this change, but don't worry about that yet. In this step, you will define your desired change such that you know when you arrive.

## WORD YOUR DESIRED CHANGE AS IF IT HAS ALREADY HAPPENED.

The positive framing helps to provide extra momentum while countering discouragement & negative self-talk.



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The more **SPECIFIC**, **CONCISE**, and **MEASURABLE** your desired change, the easier it is to create a plan and measure your success along the way.



### EXAMPLES:

#### Writing

I am an Amazon best-selling author.



#### School

I have a B.S. from X University.



#### Financial

I make \$XXXX per year.



#### Business

I am the founder & CEO of Company X



#### Training

I ran a half-marathon in X minutes.



#### Weight

I weigh xxx pounds.



# STEP 3: DEFINE YOUR DESIRED CHANGE

Instigate the Change

## DEFINE YOUR DESIRED CHANGE BELOW IN THE BOX

Make sure to:

- word it as if it has already happened
- be specific, concise, & measurable
- word it so you know without a doubt when you arrive

See the examples on the previous page if you need help.

### STEP 3: DEFINE YOUR DESIRED CHANGE



**AFTER YOU WRITE YOUR DESIRED CHANGE IN THE BOX ABOVE, WRITE IT DOWN IN BOX #3 ON YOUR "INSTIGATE THE CHANGE ONE-PAGE PLAN."**