

An aerial photograph of a winding asphalt road through a lush, green mountain landscape. The road curves through a valley, surrounded by dense forests and rocky terrain. The sky is clear and blue.

RECLAIM CONTROL *OF YOUR LIFE*

Change Course Mini-Workbook

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Note:

This mini workbook is designed to be used in conjunction with my book, *Change Course: One Lady's Race from Acceptance to Adventure*.

Find the entire transformational workbook, *Reclaim Control*, and corresponding memoir, *Change Course*, at <https://lesliejackson.org>.

Disclaimer:

This workbook comes from my personal experiences with changing course in my life. It is not intended to be taken as professional help. The nature of my story and the exercises contained in this workbook deal with healing your heart, mind and body. As you go through the exercises, you may identify that you need professional help to process what you are experiencing. Others are willing and able to help. Reach out and take their hand when you feel the need.

Welcome:

My hope is this workbook will give you inspiration to make your heart's spark come to life. Please come along for the ride and let me help you as I offer my hand. I've traveled down these roads before and can show you the potholes, twists, and turns you may see along the way. You have a lot to offer this world. We need you!"

What's Your Story?

In Chapter 1 of *Change Course*, I reveal my experience about the first telling of my story. It was nerve racking to put myself out there, but in the end, it gave me healing power—and became the catalyst for writing my book. The first telling of your story will be nerve-racking too. It's hard to be open and vulnerable. But when it is done in a safe environment, it is very liberating and healing.

In this chapter of the workbook, you will begin the process of telling your story. The great thing about storytelling is that you don't have to tell your entire story. You can pick a part of your story to tell. Maybe later you will want to tell a different part of your story. You own your story, and you decide when and to whom you want to share it with.

Think of a time in your life when something happened that had a profound impact on you. It can be a big or small event. It can be something that meant a lot to you. List three to five events in your life that impacted you.

- 1. _____

- 2. _____

- 3. _____

- 4. _____

- 5. _____

Your Purpose and Dreams

In Chapter 9 of *Change Course*, I share various dreams I've had and how some went the way I had hoped they would, but others didn't. I listed my career progression, my modeling dreams, and businesses that succeeded but then didn't go as planned. Each step along the way, I learned to keep dreaming, dust myself off, and get going again.

In this chapter of the workbook, you will get to revisit your dreams and let your spark for those new dreams and desires come to life.

What is something that you always wanted to do when you were younger?

If money were no object, what would you do with your time?

What needs or causes do you care most about?

What have you always been good at?

Who do you admire the most? And why?

Think of a time when you felt fulfilled, satisfied, or most alive. What were you doing at that time?

Based on your answers above, list one to three dreams you would like to have or accomplish or experience in the new life you are creating as you change course?

- 1. _____

- 2. _____

- 3. _____

Beyond the Finish Line:

This is only the beginning of the new life you want. Keep breaking your dreams into small steps until you accomplish them. Don't give up! Don't let things distract you and/or allow other people to derail you. Keep going for what you want, even if it takes you outside your comfort zone. You will encounter hard work and struggles as you change course to transform your life, but it is worth it!

Finding Adventure

In Chapter 10 of *Change Course*, I share my passion and joy for racing—one of my dreams that came true for me. I also talk about the dreams of writing this book and my dreams to speak to others about what I’ve learned. None of these things were easy, but they were all adventures for me. I enjoy trying new things and stepping out in faith even when it’s scary.

In this chapter of the workbook, you will identify adventures (a.k.a. new things), that you would like to try. They might be part of your dreams from the previous chapter, or they might be something completely different.

The definition of an adventure is an exciting or unusual experience that usually involves some type of risks. Based on that definition, list five things you would consider to be an “adventure” that you would like to try. It can be taking a college class or going skydiving. It just has to be something that challenges you to move outside your comfort zone.

1. _____

2. _____

3. _____

4. _____

5. _____

Why do you want to try these things?

How do each of these move you outside your comfort zone?

Make a list of the steps you would need to take to experience the adventure that most excites you.

How would this adventure bring joy to your life?

Would this adventure increase your confidence to try other adventures? Why or why not?

Celebrate the Victories– Tracking Progress and Enjoying the Journey

There is a difference between commuting to work and taking a road trip. Both involve driving, but one focuses on the destination while the other is about enjoying the journey. As you go through this race to change course in your life, it is important to remember that enjoying the journey is as important as reaching the destination. One way to do this is to celebrate the victories.

I started racing cars because it was always something I wanted to do. Of course, I wanted to win first place, but when I started racing, I didn't win first place right away. To keep going forward, I set milestones for progress and celebrated the small victories.

I celebrated when I didn't come in last. I celebrated when I passed another racer on the track. I celebrated when I didn't get a flat tire. Every celebration of small victories led me to bigger victories and helped me enjoy the journey.

Set the big goals for your race to change course in your life. Then set incremental milestones to ensure you enjoy the journey and celebrate the victories.

Congratulations you have started your engine!

Go the full mile by ordering the entire
transformational workbook at

<https://lesliejackson.org>

