



# Change Academy Lab Notes

**TOPIC:** Knowing the difference

**EPISODE #48**

## **NOTES/TAKEAWAYS:**

## **EXPERIMENT:**

Identify a situation in your life that you're not happy with and make 4 lists.

1. **What's not working:** Is it not creating the desired results, is it costing you too much, or creating consequences?
2. **What is working:** What are you getting from this situation that you want or feel you need?
3. **What I can't control:** Make sure the things you're putting on this list are truly things that you have no control over.
4. **Actions I can take:** Refer back to what's working/not working for ideas and inspiration.

## **OBSERVATIONS:**

## **FURTHER EXPERIMENTS:**