

### Top 10 Things You Should Know About... **CHANGING FOCUS**



- 1.** Deciding to change your focus can be very positive.
- 2.** Don't let the past dictate your future. This is your chance to create what you've always wanted.
- 3.** Starting something new can be exciting if you decide it is.
- 4.** Try something you've always wanted to do.
- 5.** Opportunities that you could never have imagined before lie in things you've never done before.
- 6.** Make a list of all the new things you would like to do.
- 7.** Start research on a list of the things that really excite you.
- 8.** Talk to someone who is doing what you want to do and learn about what it takes.
- 9.** Fear of the unknown is normal, but don't let that stop you. Feel the fear and do it anyway!
- 10.** Do something today that moves you towards your new future.

If you would like to change the focus of your life, talk to your Case Coordinator about what workshops and resources are available to support you.