

LIFE TWEAKING

When it comes to creating change in our lives, conjuring a Grand Plan can be overwhelming. Sometimes, it's the tiny tweaks that make the difference. A small tweak or a very simple next step can feel graspable, manageable, doable and even inviting. And a series of tiny tweaks can join forces to create big, life-changing patterns.

Life Tweaking is a unique and powerful catalyst for change that belongs in the kits of coaches, mentors, counsellors, therapists and supervisors. It is a card set that uses the power of questions to open up possibilities for change and growth. The right question at the right time can flip us into a different perspective, and provide scope for contemplation, growth and play.

The questions found in *Life Tweaking* reflect a rich mix of questioning forms used by different therapeutic approaches – and they are matched to an array of life's most topical topics! Here's some suggestions for using these cards:

Table Top Conversations

For a different type of conversation around the dinner table, randomly choose or select cards to spark discussion. You might use the two questions on a single card to invite everyone to share their individual answers. Or each person might choose a card for themselves or another family member to answer.

To be daringly different, perhaps the cards could be introduced at a party to see what answers are offered. At birthday parties, dinners, farewells or award ceremonies, people can be asked to choose a card to talk about something they admire in the person being celebrated.

Insights for Navigating

The nature and variety of the questions in *Life Tweaking* make them ideal for group work activities. They're perfect for opening insightful conversations about values, hopes and beliefs of group members as well as helping people identify the positive strengths and qualities that each person contributes.

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Place the cards face down and invite each participant to choose a card. Invite participants to talk about the role they think this card plays in their team (e.g. Time, Learning, Respect, Risks, etc.). Are there times when this is a key consideration for your team? How well do you think your team demonstrates this value? Thinking about a particular project your team is working on (or about to undertake), what cards show strengths you think will be very important in making the project a success?

Exploring Goals

Life Tweaking can be used for all kinds of discussions about goals. The questions are designed to stimulate reflection on past experiences to guide thinking about self, the possibilities for change and the important stuff in life.

Select three cards that resonate for you as important goals.

- What is happening now that you would like to continue?
- What would you like to do differently?
- What have you tried so far to turn this situation around?
- What have you done in the past that might help now?
- What is getting in your way now?
- What do you like/not like about staying the same?
- What belief serves you in your vision?
- What is the first step you take towards creating more of this in your life?

Interviews

Use *Life Tweaking* as a tool for creating fresh and meaningful conversations with interviewees. You may wish to begin by spreading the cards on a table and inviting the interviewee to choose 3-7 cards.

- How do these cards relate to the job you are applying for today?
- Were these themes important in a previous job?
- Which card represents something you find challenging?



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