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**May 5th 2015: If You Could Change Anything in  
the World, What Would It Be?**

And let's talk about how to do it. Most of us spend a lot of time feeling discouraged. There are things we would like to change, but we are so convinced we can't, we don't even think about how we COULD. Today on InsideOut, we are going to continue with our theme of the Inner Revolution by asking ourselves what we would really like to change about our our lives and our world. And then we'll talk about how we could make it happen. The change could be something personal, such as the way we relate to our spouse or children. Or it could be something social, such as taking action about global warming

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