



Writing the Story of Your Life – Module 3

“Movement Creates Momentum”

Idea/Journal Prompts

An important part of each workshop module is the Idea/Journal Prompts. Each prompt is designed to identify person specific concepts that will help participants develop ideas and identify important behavioral changes. As you move through the modules in the workshop, it may be helpful to revisit prompts. Often as new ideas are encountered, the process uncovers deeper levels of understanding and potential areas of breakthrough. Idea/Journal Prompt exercises are a valuable investment for your development.

Idea/Journal Prompt: Set back for a moment and consider that one thing that you would love to do. The thing that you believe could impact the world. Now.....Ignore all of the "what ifs", look past the fact that you likely have no idea how to get from point A to point B, dismiss the voices that speak into your life telling you it's impossible (your voice may be the loudest of them all). Now make a list of 5-10 things that you can do now. Not later. Not once that "thing" moves and changes in your life....not someday.....NOW.

No matter how tiny those things may seem, or how insignificant they look on paper, write them down. They don't have to make sense. They don't have to fit together perfectly. In reality they are likely just some of the puzzle pieces that will be needed to realize your future. But for now, do what you can with what you have.

Make the list and start checking it off. What may surprise you is that in the process of "doing the list" you will discover more that you can accomplish that would have never emerged without the simple first steps that you were bravely willing to take. You will likely discover that simple movement towards your goals becomes a life of its own and gathers its own momentum. Now.....Just Do It!

Idea/Journal Prompt: All goals, no matter how impossible they may seem are accomplished by tiny accomplishments. Take a moment to think of the life you want to live, a goal you dream of out in front of you. Now try to break down that impossible dream into a series of steps.

Now take those steps and break them down (if they are still complicated composites) into even smaller steps. Once you identify some simple actions that can be strung together, piece by piece, step by step until you see some sort of eventual outcome emerge write them down.

Pick one today to begin. Start to check off your list day by day week by week. The most important thing is to be consistent. MOVE! And by all means DON'T STOP.

If you run into a hurdle, break down the challenge into bite sized pieces and keep moving. Sometimes you have to update your list, add things, delete things, but most important.....do something.....anything! Get moving and keep moving.



Idea/Journal Prompt: Take an inventory of your "cant's". List all the things you can't do. Once you make the list cross off the things that don't matter. That's right.....the ones that simply don't matter! Often we fill our heads with all the things we can't do, many of which we would not do even if we had the chance. We often use these cant's as the countless reasons we are not enough....even when they truly don't matter to our long term goals.

Now take a look at the list. Pull out the top 3 things that you can't do (That truly do matter!).

Now start a new list with those 3. Take time to identify what it will take to start those things.....learn those things.....master those things.

Now pick the most important one and take the first step towards making it a reality. It may take doing some research, taking a class, purchasing a book, or identifying someone who can mentor you. What ever it is take the step! Start doing it no matter how tiny and insignificant it may seem at first.....and if you you fail....keep trying....that is what Nick did until he was able to accomplish things that most of us would only dream of. If you can imagine it....you can accomplish it.....Nick Vijicic is proof of that!



Idea/Journal Prompt: Take a moment and identify a barrier or a limitation that you feel stands in your way. Instead of wishing it away or attempting to change it.....embrace it. Explore some ways in which it can be used to move you forward or "add value" to your journey. This exercise may be difficult to do because we have deeply embedded the tendency to use our barriers in life as excuses or see them as some sort of evidence to Stop moving forward. In short, we allow our circumstances to define us.

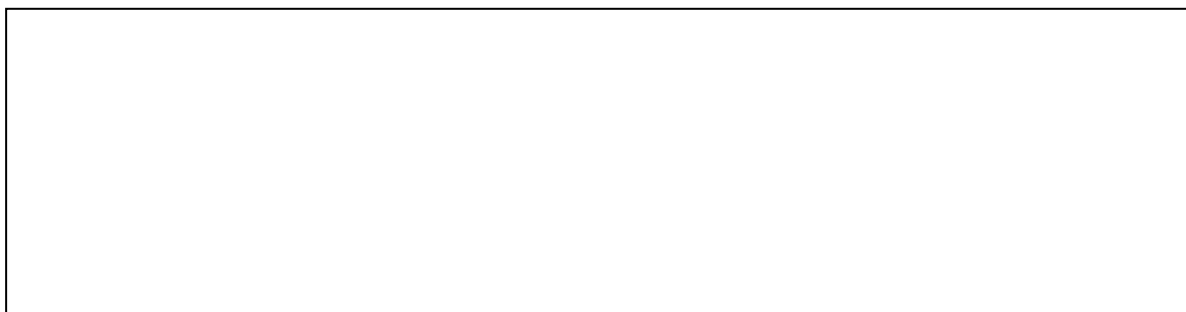
It may be helpful to think back to a time when you experienced a previous barrier that has sense been removed. How did this experience change you? Did you discover new ways of thinking, acting, living? Honestly evaluate who you are today and ask yourself the following question? "Could I have become who I am today without that challenge?".

Now Apply that sort of perspective to the "Mountain" that is blocking your path today. Brainstorm how you can use it, capitalize on it and allow it to shape the path that stretches out before you. It is all in how you look at it!



Idea/Journal Prompt: There is no substitution in our journey of purpose for the experience of hardship. It is often a result of the challenges we face that develops the person we are to become. Pause for a moment and make a list of the obstacles and challenges you are facing right now (or ones that you have traveled through already). Identify what you learned (or are learning) in the process of encountering these challenges. Write these answers down.

Now take the things you have learned and apply them to your next step in life. What do they reveal for the next chapter of your life? Sometimes they teach us things or even more importantly they show us vital things to avoid. How does the next chapter of your life depend on where you have been. Do you see a thread of purpose.....no matter how painful that process may be. Nothing happens by chance. Everything we encounter is important to our journey and necessary for the next season of life. The key is to identify these vital elements and translate them into action for the future.



Idea/Journal Prompt: It is easy to become consumed with our "Dream". It often seems so very far off and sometimes impossible to reach. Sometimes the very thing blocking us from our future is our self. To be able to give ourselves to the world we must first be whole, complete and free from wounds that dismantle what we attempt to create. Our brokenness comes in many forms: Our habits, personalities, wounds from the past, our own failures, guilt, self doubt.....etc. Our future is dependent on who we are today and the choices we make in our present circumstances.

The best investment in your future is the investment we make into ourselves today. If we do not change who we are right now.....we will continue to fight the same battles in our tomorrow. It is said "no matter where you go.....there you are!".

Take a moment and do a self inventory. Be brutally honest with yourself. Identify the things that are in yourself that keep you from taking the next step of your life. Don't blame others and more importantly don't beat yourself up in the process. We all have issues, hang-ups and sloppy parts of ourselves. Some things you can change, some things you can't.

Make a list of the "junk" in your life that gets in the way. Own it and begin to change it. If it is wasted idle time on social media.....turn it off. If it is self imposed excuses and limitations.....change the script and write a new future. Take the class. Get the quote. Quit the job. Forgive the person. Have the painful conversation. Pay off the debt. Do it and do it now! Don't ignore it and certainly don't continue to make the excuses that keep you trapped. Much of our difficulty in life is ourselves, how we view our lives and the behaviors that result from our faulty thinking. No matter how long our list is.....you have the power and the potential to change everything!