



ACTION LIST

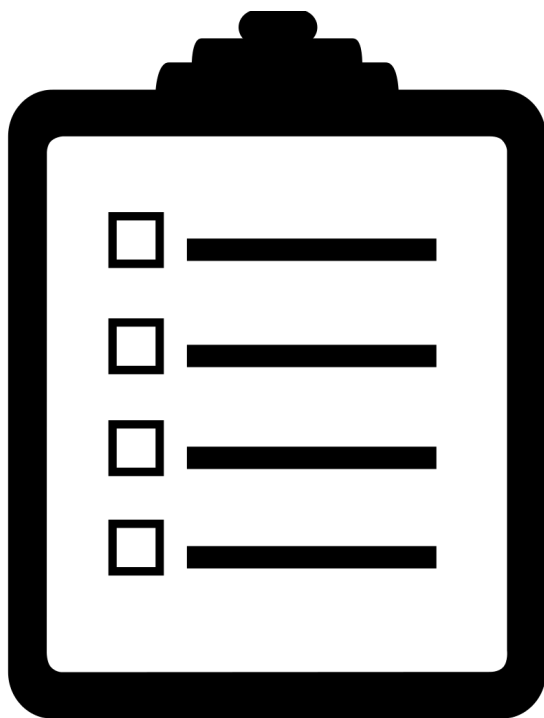
Pre - Goal - Worksheet

“

Think about something you want to DO. Not something you want to BE.

-Dr. Mary Hoagland-Scher

”



Intro-to-the-Intro

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The word “do” indicates the actions of a person rather than a surface level assumption of the word “be” which we will be assuming is a stagnant form of a title of what somebody has become. In this instance we will be focusing on the “becoming” portion of the word “be” which requires us to look at what a person “does” in order to determine the title in which somebody will take on. The “action” form of the word if you will.

Your brain might be exploding after reading that, in knots, or you may have zoned out so if you’d like to reread that paragraph, go ahead but if not, here it is in simpler terms. Basically, we’re going to brainstorm verbs to help guide your goal setting and get you moving in the right direction.

1. Brainstorm

As Dr. Mary's quote says "think about something you want to 'do'" - AKA verbs/action phrases.

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Examples: work with people, compete, perform, teach, learn about movement, work with kids, work with computers, exercise, sit, etc...

Note: you can get as specific as you like, but this is just a brainstorm. Make sure it starts with an "action verb".

Hint: If you get stuck think about things that fascinate or intrigue you. Think about the words:

"Learn"

"Explore"

"Meet"

"Discover"

"Create"

"Accomplish"

"Dig into"

2. Consolidate

Pick the top 3 verbs/action phrases

3. Fill Out Moving Forward Goal Worksheet

Follow the "Moving Forward Goal Worksheet" for each of the 3 verbs/action phrases. Remember, your goals may adjust as you move along and may even adjust as you fill out the worksheets.

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MY Action Brainstorm

MY Current Top 3 Actions

Suggestions For Success

- Brainstorm- write whatever comes to mind
 - Consolidate to 3 Actions or Action Phrases- this is just a start- not the final destination
 - Don't be afraid to ADD or EDIT to your brainstorm list especially as you begin to fill out the Moving Forward Goal Worksheet
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Chiseled in Stone

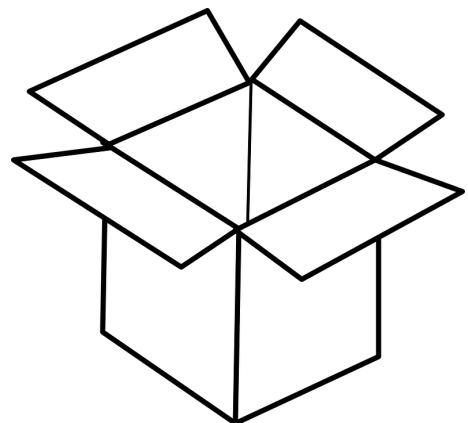
Often times when we fill out worksheets, are asked to do an assignment, sign our name or physically write down an answer, it often feels like we are signing a contract and are committing to something for the rest of our life.

This is NOT the case. As you move forward in with the worksheets that's exactly what they are there to help you do, "move forward".

Imagine for a second a box showed up at your door. You opened it and there were a million different pieces and materials inside of it including wood, hardware, glass etc. But as you pulled out each piece you kept searching for a photo or instructions or anything that would help guide you to figure out what it was. You then conclude you have to spend countless hours trying to sort through each piece just to figure out what it is not to mention assembling it. It would waste a lot of time, probably many redos, and lots of frustration and who knows if you would even like the finished product in the end!

Think about life like the box with all the mystery materials. Wouldn't it be easier to have known what you were ordering? Wouldn't it be easier to have an instruction manual? It would have saved time and frustration and by the end you would have a piece of furniture that could be used, given away or sold and you could always find another piece of furniture that would suit you better because you now know why that one didn't work out; however you look at this situation there is something to be gained and something moving you forward quicker and with less frustration.

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Freedom to Breath

The hardest part of a goal is follow through. Let's say you follow through and find out it's not what you thought. I'm here to tell you, it's not a waste of time! It's progress. You have gained skills and experiences that will help you move forward. It's not a waste of time. Never think that.

Goals are living and breathing. These worksheets are living and breathing because they are a written tool made up of dreams and ambitions by living and breathing human beings. Those human beings are living lives that are constantly changing and growing.

Don't ever be afraid to edit or adjust your goals... but also don't ever be afraid to push through your comfort zones.

You have the freedom to breath and the freedom to move.

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