



PREPARE





PREPARE

PREPARE is a prerequisite for utilizing the self-development portal optimally. Its main purpose is to help you find clarity. Simple though it may seem, finding clarity can be hard if you don't have clearly outline objectives or a plan of action. Think of this workbook as the first step in understanding what you want and creating actionable steps to achieve that want.

Consider this question: How likely is it that you know you want something, but have no idea how to achieve it? This workbook lays the groundwork for not just understanding a desire or want, but discerning what's involved to achieve that want. It's about setting meaningful goals, finding clarity, ushering you towards the outcome you desire.

How do you **PREPARE**?

It's a two step approach:

Step 1

Identify your aspiration.

Explain why you have this particular aspiration.

Add reality to the equation.

Step 2

Pinpoint the expected outcome.

Commit to a deadline for the outcome.

Desire can be a reality and to achieve the reality, starts with clarity. Go to the next page and begin the process of turning desire and want into reality. Then enter the portal to advance forward.

Ready to get started?



What's Your Aspiration?

STEP 01

Here you will list your aspirations. List what your hopes are. Don't worry about how. The purpose of this step is to determine what you truly want. It is the first step on your journey to committing and using the right tools to turn your aspirations into a reality.

01

02

03

04

05

06



What's Your Why?

STEP 02

For each aspiration you identified, write down why it's important to you.

01

02

03



What's Your Why

STEP 02

Continue to list the reasons for your aspirations.

04

05

06



Analyze

STEP 03 -1

For each of the six aspirations you identified, analyze each by listing your expected challenges, the advantages you possess for making an aspiration a reality and your resources.

EXPECTED CHALLENGES

RESOURCES

Lined writing area for 'EXPECTED CHALLENGES' with 18 horizontal lines.

Lined writing area for 'RESOURCES' with 18 horizontal lines.

STRENGTHS

Lined writing area for 'STRENGTHS' with 18 horizontal lines.

Lined writing area for 'RESOURCES' (continued) with 18 horizontal lines.

NOTES (ONLY RELATING TO THE EVALUATION OF YOUR ASPIRATION - NOT THOUGHT SPORES)

Lined writing area for 'NOTES' with 10 horizontal lines.



Analyze

STEP 03 -2

For each of the six aspirations you identified, analyze each by listing your expected challenges, the advantages you possess for making an aspiration a reality and your resources.

EXPECTED CHALLENGES

RESOURCES

STRENGTHS

NOTES (ONLY RELATING TO THE EVALUATION OF YOUR ASPIRATION - NOT THOUGHT SPORES)



Analyze

STEP 03 -3

For each of the six aspirations you identified, analyze each by listing your expected challenges, the advantages you possess for making an aspiration a reality and your resources.

EXPECTED CHALLENGES

RESOURCES

STRENGTHS

NOTES (ONLY RELATING TO THE EVALUATION OF YOUR ASPIRATION - NOT THOUGHT SPORES)



PREPARE

Analyze

STEP 03 -4

For each of the six aspirations you identified, analyze each by listing your expected challenges, the advantages you possess for making an aspiration a reality and your resources.

EXPECTED CHALLENGES

RESOURCES

STRENGTHS

NOTES (ONLY RELATING TO THE EVALUATION OF YOUR ASPIRATION - NOT THOUGHT SPORES)



PREPARE

Analyze

STEP 03 -5

For each of the six aspirations you identified, analyze each by listing your expected challenges, the advantages you possess for making an aspiration a reality and your resources.

EXPECTED CHALLENGES

RESOURCES

STRENGTHS

NOTES (ONLY RELATING TO THE EVALUATION OF YOUR ASPIRATION - NOT THOUGHT SPORES)



Analyze

STEP 03 -6

For each of the six aspirations you identified, analyze each by listing your expected challenges, the advantages you possess for making an aspiration a reality and your resources.

EXPECTED CHALLENGES **RESOURCES**

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STRENGTHS

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NOTES (ONLY RELATING TO THE EVALUATION OF YOUR ASPIRATION - NOT THOUGHT SPORES)

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Identify Your Outcomes

STEP 04

What do you hope to accomplish? Your why is about the reasons behind what you want to accomplish. Your outcome is the results you want to see.

01

02

03

04

05

06



Commit To Your Deadlines

STEP 04

While your deadline at this point will not be definitive. You should keep in mind that all goals, or in this case your aspirations should have a beginning and an end. What is the timeline that you hope to see results?

	GOAL	DEADLINE
01		
02		
03		
04		
05		
06		



PREPARE

Thought Spores

FORMAT 2

The form consists of two vertical columns of horizontal lines for writing. The left column is wider and has alternating light orange and light gray horizontal bands. The right column is narrower and has alternating light gray and light orange horizontal bands.



PREPARE

Thought Spores

FORMAT 3

A large rectangular area with a light orange background and horizontal white lines, intended for writing.



PREPARE



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for improving your life.

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life-changing topics.

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