



Overview

Week 5 — Personalizing Your Plan

Choosing what mindset, practices, and goals work best for you so you can put your energy where you'll get the most benefit and growth.

Week 6 – Long Term Success

Creating a way to check back in so you know you're on the right track.

Taking those first steps forward to make your goals happen and to make your new thinking and practices a solid part of your life.

Week 7 – New Experiences and Building Momentum

Creating new experiences to build skills, connection, and confidence

Integrating your new way of doing life into your daily routine.

Making progress on the goals you've set for yourself.

Week 8 – Lifetime Learner

Appreciating your progress! Looking back over all you've done in two months and how this can change your future.

Understanding how a mindset of growth and learning is linked to your happiness and success.

Week Five

Week Five

Congratulations on finishing your fourth week of the Blue Binder Project! Enclosed is Week 5 of the Project. Take a moment now to give yourself credit for getting this far and fulfilling your commitment to improve your life. Not everyone takes the time and spends the energy to consciously and thoughtfully make their lives better. In this work, you are giving yourself the chance for more happiness and success in ways that can affect your life for years to come.

Week 5 is again separated into two main parts. In part one, you will get very specific about which growth practices and mindset ideas work for you. Collecting these discoveries in one place will give you a tool to turn to again and again as you confront new challenges and push yourself to accomplish more in life. Part two is about refining the steps you want to take to accomplish your goals. As you break your goals down into more manageable pieces, you will be able to see how you can get from here to there.

Remember, you don't have a coaching call this week. It's up to you to stay on track and hold yourself accountable, to continue to do this work and make progress. We like to suggest that, whatever time you would normally have your coaching call, use that same time to check in with yourself so see how much you've gotten done and what you still need to do this week. Keep that momentum going!

As with every portion of the Blue Binder Project, please work through Week 5 openly, sincerely, and honestly. If you have any questions, don't hesitate to email us at info@bluebinderproject.com.





Week 5

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Think back over your previous four weeks' work. You have a wealth of new information to use as you change your life for the better. Even the growth practices you might not have cared for as you tried them give you information pointing you toward what IS more helpful to you. As you realized where your life felt off track, it helped you understand and create new goals for change.

You will now distill all this new information and wisdom down into one place to use moving forward. This will be a reference you can use now and in the future to guide your choices and help maintain the great progress you've made so far. In Week 5, you will outline what you have learned so far that works best for you. You will be reviewing 4 main areas including:

1. *Beliefs*: The beliefs and ways of thinking that help you feel better, be more effective, and move your life forward.
2. *Growth Practices*: The behaviors and routines you do that keep you mentally happy, healthy, and motivated.
3. *Team*: The people in your life that influence you in positive ways and best support your change and growth.
4. *Core Principles*: Making sure everything you're doing is in alignment with what you believe is most important in life.

When you've finished this portion of Week 5, you'll have a clear, personalized picture of the actions you want to keep doing and the ideas you want to focus on and the people who will help you get there.



Week 5

What Works Best For Me

1. Beliefs - What beliefs and ways of thinking do you want to remember in order to feel better and to continue to move forward in your life? Pick the top three statements that you discovered in your work that you feel represent how you want to think in a way that supports your growth. It might be a quote from your reading or a thought you had. Briefly write about why these beliefs or thoughts are helpful. Then note how you will remind yourself of these beliefs and thoughts. How will you keep them present in your daily life?

- a. Example thoughts might be: I won't let fear stop me, I can speak up for what I want, facing conflict works better than avoiding it in the long run, I want to learn from my mistakes
- b. Examples of ways to remind yourself of these thoughts might be: making it a screensaver or reminder on your phone that you'll see daily. Use a yellow sticky note on your bathroom mirror. If you want privacy about it, make it a code only you know. Face My Fears becomes FMF.

Thought or belief	How is this helpful?	I will remind myself of this by...
Example: I am strong enough to face up to my fears	It helps me try new things & speak up for myself, not avoid it all	I will put a reminder on my phone to pop up daily.
1.		
2.		
3.		

2. Growth Practices - Growth Practices are the behaviors you do that keep you mentally happy and healthy. Throughout your Blue Binder Project work so far, we've asked you to do many different growth practices to get you moving in the right directions. We are now to the point where you decide what specific growth practices are most effective for you. In order to decide what behaviors and routines to keep doing over the next three weeks, please evaluate each practice for yourself and decide which you believe are good for you to continue with. This is also a time for you to add a new practice or two if you choose. In your evaluation, please be realistic about what works for you or not. If reading mindset-type books is inspiring but journaling leaves you cold, that is alright. There is no one list of practices or way of thinking that fits everyone. The key is to hone in on what works for you.

With that said, don't use this exercise as an excuse to avoid something because it's hard or challenging. Be honest with yourself about avoiding something because it means facing tough emotions or because it means someone might call you on your excuses. Challenging and uncomfortable experiences are not reasons to stop doing something helpful. Really take a look at what you believe will be helpful to you, tough or not.

One note on how often you should do a practice each week – remember that repetition is how you create and reinforce positive habits, so a good rule of thumb is to do any practice at least three times a week, and, of course, doing any practice daily is even more powerful.

A quick note about 12-Step meetings. Many of our clients do 12-Step meetings because they can be helpful on a personal level and/or on a court level. As you choose to continue meetings or not, think about both of those motivations and rely on your attorney's advice about the impact doing 12-Step meetings may have on your court case.

Growth Practices	Good for me? Y or N	Why?	How often will you do this each week?
Journaling			
12-Step meetings			
Mindset Reading			
Gratitude			
Exercise			
Noticing things to look forward to tomorrow			
New practice:			
New practice:			

3. My Team - You've learned that the people you surround yourself with have an important influence on how you operate and what you can achieve. Having people around you that challenge you to grow and think of things in new ways is a powerful tool to continue your growth and change. Finding people who can tell you hard truths in ways you can hear it and who can celebrate your growth with you is priceless!

Who are the people who will be supportive of the new practices and ways of thinking you're creating? Who will call you on your excuses when you need some tough love? How are you going to engage their support? Are there new people to add to your list? (i.e. AA sponsor? Life coach? Therapist? Mentor?)

List your team members here. There's no right number of people to have. What's enough for you?

1. _____

2. _____

3. _____

4. _____

5. _____

4. Core Principles Check - Take a moment to look back at your core principles you identified in Week 4 and, with those in mind, look at the growth practices, beliefs, and team you've chosen to continue for yourself this week. Do these choices fit with your core principles? Make any changes if you feel the need - you are looking for the sweet spot that exists when what you do, how you think, and the people you surround yourself with all align with what you believe is most valuable in life. When this happens, barriers melt away as you feel yourself making choices that are in sync with what you want, and you create a life that reflects who you really are.



We are now shifting gears to the second part of your work: goal setting. You've completed your big-picture 10 Year Goal Matrix, and now you are going to develop your strategy for the next year to solidify what you've learned so far and to set the stage for your continued growth and enjoyment of life.

You are in a groove right now, and you are going to design your One Year Goal Matrix to continue on this path. Developing your One Year Goal Matrix will get you closer still to the steps you can start taking right now. This will become a practice to repeat as you accomplish more steps toward your 10 Year goals. You will begin to see your progress in black and white! Having steps to take now, along with the compass point of your 10 Year goals, will keep your momentum strong and moving forward.

For the two goals you've chosen to focus on, look at the One Year steps you wrote in the shaded blocks on your 10 Year Goal Matrix. These are now your One Year Goals that you're going to start with. Write these two One Year Goals at the top of the One Year Goal Matrix.

Next, break those One Year Goals into smaller steps and spread them out over the 3-6-9 and 12 month blocks in the One Year Goal Matrix Worksheet. Use the examples below to give you an idea of what this might look like. Like the steps you created in your 10 Year Goal Matrix, these steps are your best guess of how to progress toward the One Year Goals that are most important to you. You may have to do some research to help figure out some of your "how to's". This research itself could be one of the first steps you take.

Examples

If my One Year Goal is: Get into college – accounting major and business minor Find opportunities for real world experience , then my One Year Matrix steps might be:		If my One Year Goal is: Have more family time during the week to feel more connected to family , then my One Year Matrix steps might be:	
	Job		People/Relationships
12 months	Choose where to get experience and apply for position(s)	12 months	Create routine of time with my wife during the week, not kid-focused.
9 months	Talk with career counseling center at school about real world experience opportunities, jobs, internships, etc.	9 months	Figure out activities to do with kids that I enjoy too. OK to do even when I'm tired.
6 months	Begin attending school at next available semester	6 months	Create routine of having dinner with family every weeknight.
3 months	Choose possible school(s) to attend, create budget for costs, apply to chosen school(s)	3 months	Arrange to come in earlier and leave earlier to avoid rush hour traffic and be home earlier.
Where you are now	One year college, working as admin assistant at CPA firm	Where you are now	No time for family, never make it to kids' events.

Helpful Hints

- Resources - To get you thinking about how to break goals down into smaller steps, it can be helpful to think of the different resources you might need. How much money will this take? Where might those funds come from? How much time will it take? What training or new skills might I need? Who might support me or be helpful as I work on this goal? Are there experts out there who might have some good advice for me?
- Challenges - Thinking about the challenges that might come up is another way to come up with useful goals steps. What do you see as the toughest part of this goal? What might help you overcome these challenges?
- The “Have To’s” - Another issue that often comes up here is the “have to’s”. These are the other priorities and responsibilities that take over and interfere with your ability to move toward those goals you want. We all have at least a few “have to’s”. However, it’s an easy trap to fall in to, being led around by all those “have to’s” and never accomplishing anything we really want. We need things that inspire us and show us that life can be more of what we want. What are your “have to’s”? Are they all really “have to’s” or are they based on other people’s expectations? Which ones are important to do so you are the responsible person you want to be? Are some less important? How could you weave in a few steps toward something meaningful to you? It doesn’t really matter how large or small those steps are, they’re still steps forward. This isn’t just about fitting in fun and escapism, this is about steps toward those bigger, exciting goals.

1 Year Goal Matrix

	One Year Goal 1:	One Year Goal 2:
12 months		
9 months		
6 months		
3 months		
Where You Are Now		



One of the great habits of successful people is the habit of being curious. They seek out new information and want to learn more about themselves and how the world around them works. Each week, in this second half of the Blue Binder Project, you will now find a Food For Thought section. These sections are short, are informative, and will get you thinking a little bit more about how you operate, what you believe, and new ways you can continue to grow.

Fixed Vs. Growth Mindset

You may not have realized it, but as you've done the work of the Blue Binder Project, you've actually been building your brain. Trying new experiences, thinking in new ways, facing challenges, and even failing at some are all ways we build our brains to be smarter and more capable to deal with life. This idea that we can continually learn and adjust our lives to make things better is a key component of building the life you want.

The thinking around this is based on the idea of a Growth Mindset vs a Fixed Mindset. In her research on the subject, Dr. Carol Dweck, PhD explained it this way...

"In a fixed mindset [people] believe their basic abilities, their intelligence, their talents, are just fixed traits. They have a certain amount and that's that, and then their goal becomes to look smart all the time and never look dumb. In a growth mindset [people] understand that their talents and abilities can be developed through effort, good teaching, and persistence. They don't necessarily think everyone's the same or anyone can be Einstein, but they believe everyone can get smarter if they work at it."

What does this mean for you? It means the work you're doing is actually increasing your capabilities to tackle even more in the future. The more you practice these new mindsets and habits, the more you'll be able to make even further changes. You get better at getting better! So don't worry if some of this practice is challenging at first. That challenge is exactly part of what makes your mind and skills stronger.