

Week Seven

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Welcome to Week 7! And, congratulations on all the work you've done to get to this point. Through your efforts, you've set the stage for your personal success, and we now will focus on helping you continue your mindset work into becoming a part of your everyday lifestyle.

Beware of your subconscious trying to mess with you here! As the trauma of your arrest fades, your motivation for change can fade too if you aren't careful. Don't let your subconscious convince you that, because you did a great job on the last 6 weeks, that your work is done. The real life-changing power of this work is to bring it into your life every week, even every day. It doesn't have to be in dramatic ways, but it needs to be there.

Use Week 7 to propel you forward, to experience even more happiness and satisfaction in your life. You're ready for this! If you have any questions or need additional help from us, please don't hesitate to email us at info@bluebinderproject.com.





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Table of Contents

Section 1 – New Experiences

Introduction

New Experiences Challenge

Section 2 – Checking Back In

Section 3 – Goal Matrix Review

Section 4 – Food for Thought

Helping Others



You now have your personalized set of growth practices and mindset skills to use to create the life you want. You have a process for checking back in with yourself so you stay on track. Now you are going to explore the skill of keeping your energy and engagement fresh. Even with a great plan like you've made, it can be easy to fall into autopilot with it. If you don't pay attention, that is exactly what will happen, so notice how you engage and participate in life every day. Choose to be interested in whatever you are doing, and feel the joy of experiencing new things. The practice of creating new experiences for yourself is a way to keep life interesting, to have something to be excited and energized about. That same energy will transfer over into other areas of your life and keep you going – and you can have fun while you do it!

The benefits of trying new experiences include:

- Increase your confidence and self-esteem
- Feed your creativity
- Learn a new skill or discover a hidden talent
- Keep you from getting stuck in a rut and being bored with life
- Help you appreciate what is around you with a new perspective
- Have fun! You need time to enjoy yourself and lighten up!
- Teach you to overcome fears of the unknown
- Create new social connections and friendships

Your New Experience Challenge

On the following page, make a list of 20 things that you haven't done before or haven't done for a while – these can be small things like eating at a different restaurant, going to a different store, engaging random strangers in conversation, watching a sunrise or sunset, taking a different route to work, or going to a new meeting. These can also be bigger things like joining a sports team, taking a woodworking class, volunteering at a homeless shelter, going to a community play, planting a garden, or trying yoga. You get the idea, and you make the list. Over the next two weeks, work in 4 or 5 of these things. Remember to have fun! Also remember that this may take you out of your comfort zone. You may love some of these things, and some may be frustrating. It's important to have an open mind. Operating outside your comfort zone is how you grow.

As you make your list of 20 new experiences, make sure to include at least 5 experiences that happen outside. As long as you are medically able, get outside and do things. Being outside in nature improves your mood, your energy and your sense of awe – a key component to happiness. So walk in the woods or along the beach and notice what is around you. See how many different kinds of trees there are or birds you can identify. Read your book outside instead of on the couch. Go fishing – who cares if you catch something? Ride a bike. When was the last time you spent the night in a tent or enjoyed a campfire? You get the idea.

New Experience Challenge

New Experience You Want to Do	When You Did New Experience
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____

Checking Back In

How do I feel today?

Mentally: - 1 2 3 4 5 6 7 8 9 10+ Physically: - 1 2 3 4 5 6 7 8 9 10+

Behaviors (growth practices & actions)

Off Track 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 **On Track**

What are you doing that is keeping you on track? _____

What are you doing that is taking you off track? _____

Thoughts (mindset & beliefs)

Off Track 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 **On Track**

What are you thinking that is keeping you on track? _____

What are you thinking that is taking you off track? _____

Core Principles

Off Track 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 **On Track**

Which principles are you in alignment with? _____

Which principles are you not in alignment with? _____

Action Plan

What did I learn this week? _____

What will I do differently next week? _____



Week 7 Goal Matrix Review

Just as you are checking in about your mindset and growth practices, it's also important to track your goal progress. Now that you have created the goal steps you can begin this week, this Goal Matrix Review will help you focus on how you're doing with those goals. How much progress are you making? Where are you getting stuck? And most importantly, what are you learning as you go? Take a moment to write about how you're doing and what you're noticing about your goal work.

What Goal Steps did I complete this week from my One Month Goal Matrix? How did it feel to complete them? _____

Did anything get in your way of doing what you'd planned to do? If so, what will you do differently next week? _____

Are there any changes you would make to your goal steps for next week or to your bigger goals overall? _____



Helping Others

You gotta give to get. When you are in the middle of your own stress or struggle, often the last thing you think of is what you can do for others. In fact, helping others can be a great way to improve your own life as well. Helping others can actually be a habit that promotes happiness, gratitude, and personal growth, for *you!* Why does it work this way? Your brain is wired to respond to helping others by activating the same areas that come with being rewarded. You get more of that feel-good response yourself when you do something kind for someone else. That feel-good response then helps your own mood and outlook be more positive. Some of the other benefits of helping include:

1. Increase your self-esteem – helping a cause you believe in increases your belief that you’re a good person doing good things in the world.
2. Feel more connected to others – giving your time or expertise can help you feel more connected to your community. Humans are social creatures, and we are happier and healthier when we have positive connections to others in our lives.
3. Feel more empowered - helplessness is one of the toughest human emotions. It makes you less likely to try to change your own situation. Helping someone else can actually increase your sense of power in the world which can then help you feel more capable of tackling the challenges in your own life.
4. Feel more gratitude - helping someone else can help you feel grateful for all you have. As you see others struggle, it can highlight the good you have in your own life. It can be a good reminder to not take what you have and can do for granted.

Be thoughtful about how and when you choose to help. While all of the above benefits are true, it’s also important to help in ways that don’t drain you. Here are a few tips to help you decide how you might fit helping others into your life in a way that works.

1. Help with something you feel passionate about. When you are excited about a cause or subject, you’ll have lots of energy about it to share.
2. Choose ways to help that fit for you. You don’t have to help every cause and you don’t have to spend every moment helping. That’s a sure way to burn out. Make it sustainable so you and the cause you’re helping get the benefits for a long time.
3. Don’t be guilt-tripped into giving or helping. The best service to others is one that’s given with willingness and an open heart.
4. Help where it’s clear what the benefit is. Give to causes that are reputable and you know where your money or time is going. When you can trust your help is doing the good you want it to do, you’ll truly get the benefit of that helping habit.