

Week Eight

Week Eight

Congratulations! You've reached your last week of the Blue Binder Project. Do you remember how you felt seven weeks ago? I'm betting there is quite a bit that feels different right now compared to seven weeks ago! Does that mean all your stress and worries are gone? Of course not. Life will always have stress and will always have worries. The trick is in how you deal with them. As we talked about in the very beginning of this program, something that seems like a crisis in your life, like being arrested, is also an opportunity, a window of clarity, to look at your life and yourself in a new way. It can be an opportunity to use that low point as motivation to make changes that will vastly improve your life going forward. Can you see how you took advantage of this window of clarity in your life? Can you see how you used it to learn and grow in ways that will make your life better in the future?



In Week 8, you will continue to check in about your progress. Mastering these new growth practices takes time, and it's important to keep repeating what has worked until it's a habit you hardly have to think about doing. This week you will also be identifying the wonderful progress you have made in this program. Just as it is important to look forward at your goals, it is equally important to look back and appreciate how far you've already come. We hope you are proud of your work because you should be! Enjoy the new sense of confidence and feeling calm that you have now. Focusing on what feels better adds to your energy and motivation to keep going. This is why you do this work! As always, if you have any questions or need additional support from us, please don't hesitate to email us at info@bluebinderproject.com.



Section 1 — Checking Back In

Section 2 – Goal Matrix Review

Section 3 - Appreciate Your Progress

Section 4 – A Lifetime of Learning

The Lifetime Learning Lifestyle

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 8 Goal Matrix Review

As in Week 7, you will continue to track your goal progress here. Remember, as we've said before, this is a marathon, not a sprint. Progress happens at different speeds at different times. Don't get discouraged if some weeks are more productive than others. What you want to see is progress forward in the big picture.

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? _____



Week 8 Appreciate Your Progress

It is time to savor. Many of us spend so much time trying to achieve the next 'thing' that we forget to look back from time to time to appreciate and be proud of how far we've come.

You are a different person than you were when you were arrested. In choosing to do the Blue Binder Project, you made a strong statement to yourself (whether you realized it or not) that you want more from life and that you are willing to work to achieve that. Congratulations!

So, please take a big-picture look back at the last eight weeks and give yourself credit for the great work you've done here.

Appreciate Your Progress

What are you most proud of in your work in the Blue Binder overall? _____

What did you learn or realize that surprised you the most? _____

What mistakes did you make and how did you use those mistakes to keep moving forward? _____

With 20/20 hindsight, what is one thing you wish you'd done differently in your life and how will you use that insight in the future? _____

How do you feel different today than when you started this program? _____

What do you notice you're doing differently? Have others commented on how you're different? What did they say?

If you had to narrow down all you've learned into the top three takeaways from this work, what would they be?

1. _____

2. _____

3. _____

If you had to sum up, in a sentence or two, what you've gained in the past two months, what would you say? _____



Now that you just looked back to appreciate all you've achieved during your work with the Blue Binder Project, please take a moment now to look forward - imagine what kinds of shifts you will make when you pay attention to these ideas over a longer period of time. Think about what it will be like to look back after one, two, or even ten years and see how you've kept doing the right things and growing as a person! The point is, while officially the Blue Binder Project ends this week, your personal growth journey does not.

This leads to questions you need to answer for yourself - how will you use what you've learned here in your life going forward? How will you maintain your progress to keep growing and experiencing more happiness and life satisfaction? You know that it is up to you to make the life you have into the life you want, and there are always more ways to find new levels of happiness and deep joy in your life, so what is next for you? You become a lifetime learner.

A lifetime learner is just that – a person who is always learning more and constantly improving on the skills that make life wonderful. Lifetime learners don't wait for the next crisis to get their attention to motivate them to change. Instead, they take charge and make a conscious effort to always expand and grow. To be a true lifetime learner:

- You surround yourself with people who challenge you and help you grow.
- You feed your brain new ideas and remind yourself of the mindset you want to have.
- You regularly check in with how you're doing and what you're doing so you know if you're on track or need to make adjustments.
- You learn from your mistakes as much as from your successes. Success or failure, it's all just good information about where you are and what you want.
- You focus on what you are grateful for in your life.
- You take ACTION. You don't let these insights and ideas remain just ideas. You take real steps to be the person you want to be, to achieve what you choose to achieve, and to experience what you want to experience.

As we've said, there is always more to learn about what we want and how we can achieve it. There are always new ways to find new levels of happiness and deep joy in our lives. How will you practice being a Lifetime Learner?

Lifetime Learning is a Lifestyle

With these thoughts of becoming a Lifetime Learner in mind, there is one important concept to remember: the practice of creating our own happiness is not a task that we complete and then stop working on. While we do climb that first mountain with our skills and goals, it's not just one mountain. While we do celebrate the success at the summit of that mountain, the journey isn't over, and there are many more mountains to climb. And at the peak of each, you find more happiness and more growth.

To say this a different way, there is no finish line. There isn't the perfect goal matrix that will lead to your permanently perfect life. There isn't a perfect set of habits and a perfect mindset that will give you happiness from this day forward. It just doesn't work that way.

For some this may be a surprise. Are there always more goals to work on? Our answer is yes! Goals keep life interesting, and, yes, goals *help* create happiness in life. We thrive on learning new things, on feeling a sense of accomplishment as we complete a task and master a skill. This process is about moving and changing and growing into your next level. The myth is that we will be happy when we achieve a certain thing – many of us think we should sacrifice happiness today because we will be happy when some event happens in the future (fill in the blank – for example, when I buy that house, get that job, find that relationship, get x amount of money in the bank, etc.). Here is a very important key - success doesn't make people happy – instead, happy people are successful. When you enjoy life each day, you will become increasingly successful in a sustainable way.

This doesn't mean what you've accomplished isn't good enough for right now, because it might be. And if it is, know that, in a little while, you'll be ready for even more growth and discovery. A funny thing about life is that it will poke you when you're ready for more, even if you're not paying attention. Just like this arrest got your attention to look deeper into your life and what brought you to this point, life will get your attention somehow and let you know it's time to grow again. So it's up to you. You can encourage that growth in yourself and get ahead of the game. Or you can wait for life to grab your attention with more force. Frankly, either way can work, but being in charge of your own growth is usually a lot less painful...

This continued growth doesn't always happen at the same pace. Sometimes you'll have months where you're very goal-focused and reaching for more with effort and intensity. Then you may have months where you enjoy what's new, revel in what you've created and relax a bit, although you probably won't need to relax much. Just by meeting your goals and taking better care of yourself, you will actually *add* energy to your life. You'll realize that the tasks that seem impossible from a stressed place look totally manageable from a place of excitement and interest. The key is to take those breaks when you need them and then start again. Find the next level you want to reach.

So there is no finish line. It is always worthwhile to be learning and digging deeper to find that next challenge. The happiness comes in the doing, the growing, and the learning. And the great news about that is that it means you can start feeling that joy you want NOW. You don't have to wait until you reach a certain point, a house, a job, a relationship. You can start feeling it now as you learn to enjoy the process of taking those goal steps and doing those habits that help you feel better.