

# Clarify True Self-Concept

## Personal Life Blueprint

It is not imperative to create awareness through crystallized thinking in a structured order like an engineer building a bridge.

The effort to create awareness flows more easily if we work on any part of our *Design and Action Planner*, we feel inspired to formulate at that given moment.

The most relaxed and creative approach is more akin to that of a writer creating a novel, where any part of the story may be developed at any given time.

It is not necessary to complete a section so you can move on to the next step. Every tool in the process is revealing. The more tools you develop and the more steps you take, however, the more self-aware you become.

The principles, the tools, and the steps of the personal empowerment process combine to form an easy-to-use life management system to continuously improve the quality of your life.

### A Personal Life Mission

Write a paragraph clearly explaining the meaning and purpose you would like your life to be about, something that is worth dedicating yourself to and fighting for.

### Personal Life Focus Areas

Identify the "spokes" of your life, the areas that make up your life wheel. Each of these components is referred to as your "focus area." Some examples are family, finances, career, health and fitness, home, recreational, mental, educational, and spiritual. A focus area can be anything in life that is important enough to isolate, evaluate, design, and prioritize.

### A Mission Statement for Each Area of Your Life

Describe your overall mission for this area of your life. How would you identify your best intentions and purpose for this area, and how does it contribute to the standards you wish to live by?

### A List of Dreams

Create a wish-and-want list of all the desires in your heart, mind, and soul. Do not be judgmental of yourself and your dreams. Do not worry about whether your ideas are affordable, practical or appropriate in other people's opinions. Only when we have the courage to creatively identify our wildest hopes and aspirations will it be possible to pull

together the goals that will bring the greatest enthusiasm in their pursuit and personal satisfaction in their attainment.

### **Personal Values**

Examine the values that you will choose to evaluate the standards for your decisions and behaviors. Your values are your own, and they are a reflection of what you want your true self to represent.

### **Personal Priorities**

Prioritize the activities and goals that are most important as they relate to your vision, purpose, and values in this area of your life.

### **Focus Area Evaluations**

Take the time to look at your strengths and weaknesses in the focus areas. When you make your list, include physical, mental, and spiritual. You also want to keep in mind attitudes, beliefs, and behavior patterns.

### **Short-Range Goals**

Make a list of all the goals you would like to achieve in this focus area of your life in the most immediate future such as 30 to 90 days.

### **Medium-Range Goals**

Then do the same for the not-so-distant future in the area of three months to one year.

### **Long-Range Goals**

Select what are considered “milestone dates.” Times of your life that are already being defined by transition, such as when your youngest child starts school or when he or she graduates from college. Possibly, a significant birthday is on the horizon. Any meaningful event in your future can be used as a benchmark in your life. Long-range goals could take any amount of time, from one year to the rest of your life.

### **Design and Action Worksheet**

This is where you develop blueprints for the goals that may be more complicated. Your worksheet would include benefits, action steps, and target dates.

### **Habit Formation - Perpetual Action Checklist**

Look for the action steps that need to be repeated on a daily, weekly, or monthly basis. Custom design your own life behavioral patterns in accordance to your goals and

dreams. Habits are eventually going to make you or break you. They also change over a period of time. When healthy behavior patterns become natural and automatic, then success becomes stabilized and growth continues. Look to identify current patterns of behavior that may be limiting your personal growth or holding you back. Replace them with the healthy and productive patterns that complement your life goals.

### **Perspectives, Attitudes and Commitments**

As you review your vision, goals, and plans for this focus area, determine whether your attitudes and beliefs are congruent with your priorities and action steps. Develop the appropriate affirmations and start generating the attitudes that will take you where you want to go.

### **Visualize Results**

Mentally rehearse the experience you are looking to achieve. We attract to ourselves the things we see for ourselves. Mental rehearsal also helps in physical preparation.

### **Achievements and Blessings**

In each area of your life take inventory of all the blessings and achievements. The awareness of blessings brings the *attitude of gratitude*, and the *awareness of achievements builds confidence*.

### **Monthly and Weekly Goals and Priorities**

Establish goals and priorities one month at a time, one week at a time, one day at a time. The more people start crystallizing, prioritizing, and re-energizing, the more quickly they get to their desired destination.

### **Evaluate and Recommit Often**

Navigate your way to your desired destination. Success is rarely a straight line but more like a zigzag. It is a forward motion with many adjustments. Success is the progressive achievement of predetermined goals worthy of your time, effort, and investments.

### **Power Partners and Power Teams**

Bring together the people that will support one another's growth and progress. Get together on a regular basis to help navigate your way to personal fulfillment.