

You are now HERE.  

Last week you chose a destination – the action, location, or idea you wanted to start moving toward. You reflected on why that destination is important to you and what it would feel like to move toward it with attention and purpose. Then, in order to stay connected to how you want to feel as you make progress, you chose the qualities of character that will help you navigate as you move toward your goal or aspiration.

Now you know where you want to march, **why** you want to march there, and the **qualities of character** that will help get you where you’re going. **That’s fantastic!**

Now it’s time to gather some additional things you’ll need to get you where you want to go.

Observe the terrain & get your bearings



One of the first things you need to know is “where” your goal is located. Think of this like a title on a map.

Examples:

If your goal or destination is *Reading One New Book a Month* might be located on a map of **Reading** or **Avoiding Screens** or **Education**.

Learning to Make Really Good Risotto could be located in the land of **New Skills** or **Becoming a Better Cook**, or even **Getting My Kids to Eat Something other than Grilled Cheese**. Maps can be called things like **Financial Confidence**, **Strength Training**, **PTA Meetings**, or **X-treme Sports**.

Having your bearings and a sense of where you’re heading will help in your overall success when you start moving along your path.

Having a Map helps you in two fundamental ways:

1. You have a **good place to look for resources** about how to get where you’re going (*or find yourself when you’re lost*)
2. You have a **handy description** about what you’re doing if you want to discuss it with others – or even remind yourself.

Start Creating Your Map

Goal or aspiration: (Where you’re marching - *X Marks the Spot*)

Name of the Map (option/attempt 1):

Name of the Map (option/attempt 2):

Name of the Map (option/attempt 3):

Creating a Name for Your Map:

Let’s say you want know more about foods that help you feel healthy, but you hate the word the word “diet.” Naming your map “New Diet” probably wouldn’t help your motivation. Think about your destination from different vantage points until you find a label that feels accurate, interesting, and helpful.

Example:

Destination: To know more about the foods that help me feel healthy

1st attempted Map name: *Food and Health* (accurate, but is it inspiring?)

2nd attempt: *Health and Wellbeing* (more interesting.)

3rd attempt: *Feeling Great with Science & Nutrition* (Avoids the word diet, keeps feeling good at the forefront, and makes the whole thing a science experiment! :)

Gearing-Up

Any adventure requires some basic gear. Knowing that you've got the essentials like a passport, a Swiss Army knife, clean socks, and your wallet makes marching forth less stressful.

Marching forth is an adventure, and knowing the "gear" you'll need along the way will make your success for fun. These are the resources you'll need to have at the ready so your marching forth goes well. They are also what you'll need to have if marching forth becomes difficult or stops all together.

"GEAR" to make marching forth better and more fun:

In the spaces below, list what you'll need to march forth.

What's Exciting about this?

Your excitement and interest about what you're working on is as an import part of your "gear" as anything. Being aware of your our enthusiasm and interest at the beginning is vital because it *will* fluctuate over time. That's okay. When you feel like things are lagging a bit, stay connected to your character "compass" and keep going.



Allies
People cheering you on



People to Avoid
The nay-sayers



Teachers, Mentors, & Experts
Those you can learn from



Tools and Resources
Money, equipment, passports...



Timelines
Specific dates or benchmarks



Planned Breaks
Resting is important - plan for it

Plan Ahead

One of the reasons we don't stick to New Year's resolutions is that *we don't plan for when we, inevitably, stop sticking to them.* It happens with many things in our lives. Even with the best intentions, at some point or other we get a little off course or walk away from our resolutions - and then we're hard on ourselves. The second we stop or get distracted, we tend to tell ourselves we've have failed. Without a plan to correct our course and keep going, we quit and another year's resolutions fizzle out.

That's why MARCHING FORTH is different.

Answer the following questions:

When things are going well and you're feeling great about marching forth, who will you tell first? (Who will you not tell? Look at your People to Avoid list)



How will you make note of your success? (Gold star on a wall chart? Afternoon nap? Shot of Tequila? All of the above?)



And when you get stuck or feel like you are no longer marching forth, what are the resources you will use to help reevaluate and keep going? (People, mentors, timelines, etc.)



If you've paused, what is the context? Did you decisively quit and then want to start up again? Did you just want to go check-out a different part of your map for a while? Did you need to sit down and take rest? How will you make note of these things? (Hold it lightly - it's just data.)



REMEMBER: marching forth is meant to be FUN & CELEBRATORY. There is no specific speed required. You're moving toward what you want for your life - **one step at a time.**

When we know that there will be unexpected things that happen while we are marching, it makes it easier to have a more light-hearted approach as we reconnect to where we're going, why we want to do it, the resources and allies at our disposal, and the **character traits that will help get us through.**

RECAP: NEW TOOLS

You now know the "land" you're in and have a map. You have gear and allies. You've planned for marching to go both straight ahead and a little sideways. Add all this information to your work from Week One and you are ready to get going! **Congratulations!**

Coming Up in Week Three:

Dealing with detours and unexpected setbacks (the best laid plans...)