

You are now **HERE**:



Before diving into Week Four, let's recap your progress so far:



In **Week One** you:

1. Determined your “destination” or **what you’re marching toward**.
2. Wrote down **why** you want to march in that direction
3. Described why this is **important to you**
4. Thought about how you’ll **feel** and what you’ll **notice** as you move toward your goal or aspiration
5. Connected to the **Qualities of Character** serve as your **compass** headings to get you want to go (from the Character Compass worksheet)

In **Week Two** you:

6. Started **creating the map** of where you’re headed
 - You described the **general landscape** of where you’re headed
 - Learning to Cook, Being More Confident, Expanding My Education, etc.
7. Made a list of the **things you need** to be successful on this adventure
 - Allies, Mentors, Resources, Timelines, etc.
8. Started to **plan for and envision your successes**
 - You also started to plan for what you will do when you need to reset or change course

Then in **Week Three**:

9. You sat down a moment and **got your bearings** by attuning to which of your key character qualities/compass headings are easiest to use **when circumstances are unexpected**



That’s at least NINE amazing things you’ve done!

Time create your path, chose your steps, and march forth.

Here we are at Week Four: Your Steps & Your Style

Last week we paused. The unexpected can throw a major wrench in the works, and it’s good to practice how to reorient and get our bearings. Pausing is often a good idea because it helps you remember what you’re doing and why you’re doing it. Now, let’s use those reminders to keep moving toward our March Forth goals.

This week you’re going to determine **WHAT** steps you want to take to move toward your goal or aspiration and **HOW** you want to take them.

Your Steps & Your Style

My destination/goal/aspirations where I'm marching forth:

Your Steps: the turn-by-turn overview

Brainstorm a path here:

Things You Can Do To Brainstorm:

- *Make a checklist*
- *Draw a timeline*
- *Talk with an encouraging friend about your goal*
- *Write your goal on your bathroom mirror to see it every day*
- *Send an email to a mentor that asks for the help you need to get started*
- *Make yourself a MARCH FORTH outfit (accessories sometimes help ;)*
- *Go for a walk to clear your head and get some air*
- *Daydream and mind map your goal and idea*

Whatever it is, write down your first step. You can write down as many steps as you want, but if you get overwhelmed easily, just write down one or two and start there - make them small, tiny even. Like, write down, "I filled out the last three worksheets." Great start!

What are the first steps on your path? Second? Fourteenth? Write down as many steps as you can envision. Don't worry if you can only think of a few. Write down them down. The next page will address the topic of **HOW to march** when you run out of ideas or next steps.

IMPORTANT POINT: What if there aren't any "steps" in your goal?

Maybe what you are marching toward is not something that needs to be broken down into specific steps. Maybe you're working on something you want to remember to do like saying, "thank you" more frequently, getting up earlier every day, or making time for a meditation practice. That's totally fine. It's also why the next part about **HOW you march is very important.**



Your Style: HOW You March Forth

This part is vital because it determines how you feel and whether you're aligned with the character traits you value most. **Your style is HOW you march.** This is different from the steps you take to march forth. The steps are the answer to a question like, "how did you train for that bike race?" Then you would explain, step-by-step.



In the land of marching forth, we start by connecting to the qualities of character that are most meaningful. When you think about **HOW** you want to march, **HOW means IN WHAT MANNER** you want to march. This shapes your *experience of marching*.



HOW you march has to do with style and attitude. It is influenced by your character compass.

If you cannot figure out how you could possibly know how to bring a style or different attitude to what you're doing, that's ok. You get to use your imagination to discover how to do it. It can look like this example:

HOW to March – An Example:

I'm marching toward:

*A daily meditation practice (week one)
which I've located on a map called Habits that Keep Me Grounded (Week Two)*

The first step I want to take is:

At some point each day I just sit down for 5 minutes, close my eyes, and breathe.

I use my character compass headings of:

Curiosity, Kindness, Joy, Courage

That means that when I sit and breathe for five minutes, my *attitude and style* will be:

interested the sensation of breath, *non-judgmental*, *thrilled* that I'm actually doing this!, and *glad* that I made the time to sit here.

HOW to March – YOUR STYLE:



I'm marching forth toward:

The first step I want to take is:

I use my character compass headings of:

That means that when I _____, my *attitude and style* will be:

AND IF YOU HAVE NO IDEA HOW YOU WILL SHAPE YOUR ATTITUDE OR STYLE,

DO THESE THREE THINGS:



1. **Imagine** (invent, create, make up) someone else who also has your same character compass headings. This is not necessarily someone that you know, because **marching isn't about comparison**. Just imagine a person who embodies your core character values. **Then:**



2. **Envision** how that person would approach your first step (*example traits are underlined*):
 - They would be Curious - they are interested in learning and new experiences
 - They'd be Kind - they give themselves the space to be inexperienced - they don't beat themselves up if their first few attempts are clumsy
 - And they'd be Joyful: they are up for new things and are lighthearted and playful
 - They would be Courageous - though they may be a little nervous, but they give it a try



3. **Then, Imitate the person you've imagined. Just copy their actions.**
 - With the goal from the previous page and the character traits from above, you'd meditate like someone who is full of curiosity and joy and kindness and who has the courage to give it a shot. Keep copying that imaginary person until you get the hang of it. :)
 - This is an enjoyable way of saying "fake it 'til you make it." But there is nothing fake about practicing until things feel like second nature.
 - As you practice, you won't have to imitate anyone. **Your own style will emerge over time.**

AND THEN YOU'RE MARCHING!

And, just like that, you have started marching forth with character. When you do all of those things over and over, **you become the person who has those qualities and acts in that manner.**

Keep going. Do one step and then pick the next step with your map and your destination in mind. **Whenever you get stuck or confused: pause.** Take a break and get reoriented. Where are you? Where are you trying to go? Why is it important to you? **Check your character compass and remind yourself what character traits you value most.**

When you're ready, determine the next step. If you can't figure it out, just **imagine what someone who knew what they were doing in this moment would do, and then do that.** Always align your actions to the qualities of character you value most because that's your compass. **Your character will get you through.**

There are many other layers to marching forth - we can elaborate for eons. **But these are the core actions** that will help get you where you want to go. When you are aligned to your character, wherever the path winds, you'll feel more grounded and satisfied in how you carry yourself along.

How do you know if it's working? GO BACK TO WEEK ONE and look at what you thought you'd be **noticing and feeling** if you were marching toward your goal.

Are you? **If yes, YAY!** If not, revise, tweak, and keep going. **You are marching forth with character.**

