

## YOU ARE HERE. WELCOME!



You're here to move yourself further along a new path - or maybe an old one you'd like to revisit. No matter what you're headed, these pages are here to help you in ways that are both **lighthearted and practical**. While **March 4th** is a PERFECT date to start moving toward any goal, the spirit of marching forth works any time of year.

This is designed to make accomplishing goals or moving toward dreams **easier and more fun**. This is true for everything from making time to floss every day to discovering your heart's truest desire.

Whatever your inspiration, marching forth can be both playful and engaging. If you are a person who feels badly about yourself every time you break a New Year's resolution, consider putting that reaction on pause. Instead, **think of this as an adventure**. March Forth helps you discover tools that will help get you where you want to go.

**Let's get started!**

**March:** to stroll, amble, run, hop, skip, roll, saunter and move -- even if very, very, slowly with a nice pause or nap if it feels like the right thing to do.

**Forth:** to grow, experience, learn; not about the busy-ness of just doing "more."

*Marching Forth is about intent, action, and the effort of doing. It is creative and playful.*



### Your Destination: "X" Marks the Spot

I want to:

In the space above write a **goal, aspiration, or intention** you have for yourself. It can be the "resolution" you made at the New Year that needs rebooting, a long-time dream you've wanted to act on, a habit you'd like to return to, or something new that sparks interest.

**Examples:**

- I want to:
  - Learn to make really good risotto
  - Ask for a promotion
  - Take more walks with my friends
  - Lose 5 pounds
  - Be more helpful with household maintenance
  - Set aside \$\_\_\_ a week for vacation
  - Improve my listening skills when I disagree with people
  - Practice asking for help
  - Pay attention to my intuition every day

Whatever you want to move toward, no matter how big or small it seems, write it down. **It's a good place to march.**

**Wondering "where" to march?** Here are a few areas you might explore.

**Relationships**

- Partner
- Parent
- Family
- Kids
- Friends
- Professional
- Community

**Health**

- Physical
- Mental
- Spiritual
- Financial

**Food**

- Knowledge of
- Enjoyment of
- Struggles with

**Career/Vocation**

**Education**

**Home**

**Travel**

**Creative /Artistic**

**Others...**

## Prepare to March Forth

**Resolutions start off with the best intentions:** "I'm FINALLY going to start getting up 30 minutes earlier every morning to make the most of the day" "I'm going to start writing my novel!" "I'm going to exercise five times a week - I'll start tomorrow and it will be AMAZING!" Sometimes this works, but success is often short-lived. Part of why resolutions fizzle is **they start without much preparation.**

**Understanding WHY this is important to you** is a key part of preparation and planning for your success. **It makes getting to your destination a lot easier.**

### Word to Watch: SHOULD

Reflect on the bigger ideas of **why** this goal or destination is important to you from your own perspective.

Sometimes saying "I should" is fine place to start. For example, yes, you probably *should* stop smoking (science supports this). But also **ask why is it important to you**, independent of external input.

## Where I'm Going and Why: Your Internal GPS



### 1. **My goal or aspiration is:**

(Where you're marching - X Marks the Spot)



### 2. **I want to move toward this because:**

(Don't overthink it - just write down why you want to do this.)

*And then go a little deeper...*



### 3. **That is important to me because:**

*And say a little more...*



### 4. **If that were happening I would notice and recognize it because I would feel:**

*And connect it to character.*



### 5. **And when I feel that way, the qualities of character I'll be most connected to will be:**

(Download the *Character Compass Discovery Tool* at [LauraCrandall.com](http://LauraCrandall.com) for help with this step)



**These qualities of character are your compass headings and your touchstone for marching forth.**

They will help you navigate as you move toward your goal, idea, or aspiration. You now have **this worksheet** to help get you where you want to go as you move forward. You are more prepared to march forth than you were when you started this exercise. **YAAAAAY!**

## Practice

Now practice using what you just wrote down. The previous page is a touchstone - **like a GPS for your goals and dreams** - to help you navigate and get where you want to go.

Make the previous page flow conversationally by stating in the reverse order. When you think about your destination, orient yourself to the statements below. **It will help you remember your motivation** and how you want to feel.



As I start marching forth, I am going to remind myself that I want to use and be connected to the character qualities of



When I use those qualities, I will notice and feel



Noticing those things is important to me because



And when those important things are in place, it's that much easier for me to move closer to my goal or aspiration of

**Staying connected to your character** (the mental and moral qualities distinctive to an individual) **helps us navigate through the world.** When we move toward goals with the character traits we value most, decisions and actions become a little easier and more fun because they are more aligned with who we want to be. It's not always a quick fix, but it is a handy one that **helps build the confidence to march forth successfully.**

## Your task for the remainder of this week:

Complete this worksheet. Do a few drafts and make revisions if you'd like, but **there's no need to make it perfect.** Just get your bearings and start playing with the compass headings you've discovered.

**Then ask:** How do these qualities help to make decisions easier? Does paying attention to these qualities raise questions about other areas in your life? Are you concerned about moving ahead? Excited? Both? **Think about these questions and write down some notes.**

## RECAP: Where you've marched so far

In this first week of March Forth you know where you're headed, why you want to go there, and you have a new tool to practice using so you can march forth with a spring in your step! **Congratulations!**

### **Ahead in Week Two:**

*Getting your bearings and collecting the "gear" you'll as you move ahead .*

