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Move Forward: Seven days to life changing clarity and direction

Dr. Neal Nybo

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The Move Forward Workbook and Journal contains a set of thought processes, exercises, and reflection opportunities. Combined, they create an environment in your heart and mind that naturally leads to “Aha” moments and breakthroughs in clear thinking. They center around positive events in your life. You focus on the best character elements, values, and interests that make up the core of who you are. These exercises are spread out over seven days, giving you enough time to genuinely reflect on lessons you have learned throughout your life. And the time is short enough that you can come to clarity and direction much faster than you imagined possible. A simple plan for a life-changing process First step: Create an environment in your heart and mind for clarity On days one through five you will practice exercises that develop an environment in your heart and mind that naturally results in clarity for your future and your next step. Second step: Include someone in your discovery On day six you will share what you have been learning with another person. This adds the synergy of the two of you thinking together into your internal environment. Your energy and their enthusiasm can produce the “Aha” moment that can help you tighten your self-perspective and solidify your thinking. Third step: Identify your direction and next step With your new insight, you have confidence and conviction about where you need to go and what personal traits you will bring with you. You will identify what elements of your life to keep, improve, and phase out. Days one through five Each of the first five days follows the same pattern. Morning section with two parts. Total minimum time: 15 minutes. Feel free to take longer. There is no right or wrong here. • Initial thoughts: Here you’ll read about the process and what you will be working on that day. • An exercise that helps you focus on a single topic. Evening section. Total minimum time: 5 minutes. • Review and reflect on what you learned that day. • Recommit yourself to discovering your own clarity and direction. You are welcome to take longer, reflect more, and journal additional thoughts. Day six Today you review with someone else. It can be extremely clarifying to share your process with at least one other person. You will skip the morning exercise time and instead take at least fifteen minutes sometime during this day to share your major lessons and insights with another person. Day seven The final part of the process gathers and summarizes everything you will have learned during the previous days. The activities are a little different and they may take a little longer. At the end of the day, you will have the clarity and direction you have been wanting. Day eight Before you close the workbook and journal, I’ve got encouragement for you based on all I have learned by leading others through the process. It also represents day one of your next steps.

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