

Five Questions



#1

Who do I want to be?

What is important to me?

How do I want to show up in the world?

How would I like to express myself?

If my personality was a choice, what would I choose?

INSIGHTS:

THIS IS BIGGER THAN ANY GOAL, IT SPEAKS TO YOUR PRESENCE.

LET WHO YOU LONG TO BE BECOME YOUR COMPASS NEEDLE. LET IT BE THE DIRECTION IN WHICH YOU ANSWER EVERY QUESTION, MAKE EVERY DECISION, AND MEET EVERY CHALLENGE.

BE OPEN, BE IMAGINATIVE, BE DARING.

LET YOUR CREATIONS BE A DECLARATION OF YOUR INDEPENDENCE AND SELF-SUFFICIENCY.

Declarations of Independence:

MY FUTURE SELF WILL COME ACROSS AS:

THE FOUR MOST IMPORTANT THINGS TO ME ARE:

I AM CHOOSING MY PERSONALITY, I WILL BE:

I WILL BE THE PERSON THAT:



When would I like to be that?

Why can't I be that now?

How much of that is really true?

#2

How would I like to express myself?

Am I ready to make a decision to change right now?

INSIGHTS:

DON'T THINK YOU NEED THE WHOLE PICTURE TO START THE PUZZLE.

FIND TWO PIECES THAT FIT TOGETHER AND ALLOW IT TO BE THE THING YOU BUILD ON.

ALLOW SOMEDAY TO BE TODAY.

START ACTING DIFFERENTLY.

BELIEVE DIFFERENTLY.

LET EVERY MOMENT TO BE BETTER THAN THE LAST.

FIND THE PLACES YOU LIMIT YOURSELF AND BEGIN TO LET THEM GO.

BUILD A FOUNDATION BASED UPON COLLABORATION, BALANCE, AND FLUIDITY.

Declarations of Independence:

I AM GOING TO START BEING:

I HAVE MADE A DECISION TO:

I HAVE MADE A DECISION TO STOP BEING:



Change Your World from the Inside Out.



#3

Where am I now?

What are my assets?

Who can I call on?

What am I good at?

What can I find, borrow, resurrect, or ask for?

INSIGHTS:

A MAP IS USELESS UNTIL YOU KNOW WHERE YOU ARE.

FIGURE OUT WHERE YOU ARE.

TAKE INVENTORY.

CATALOG YOUR CAPABILITIES.

WHAT DO YOU LOVE?

WHAT DO YOU HAVE PASSION FOR?

TAKE STOCK OF YOUR CAPACITIES.

WHAT ARE YOU GOOD AT?

MAKE A LIST OF YOUR OBSTACLES AND FIND A WAY AROUND THEM.

FIND A PLACE TO START AND IGNORE EVERYTHING TELLING YOU TO SLOW DOWN OR STOP. DON'T OVER-THINK.

Declarations of Independence:

THE THINGS I AM GOOD AT INCLUDE:

I HAVE THESE ATTRIBUTES TO HELP ME:

I HAVE THESE PEOPLE WILLING TO SUPPORT ME:

MY BIGGEST OBSTACLE IS:

THE WAY AROUND THAT IS TO:



#4

What is holding me back today?

Why didn't I start yesterday or last week?

Why am I still here?

What is familiar about this place?

What will I lose if I leave this all behind?

INSIGHTS:

MAKE A LIST OF YOUR EXCUSES, EXPLANATIONS, APOLOGIES, REASONS, EXTENUATIONS, RATIONALIZATIONS, AND JUSTIFICATIONS.

BURN THEM.

FIND THE THINGS THAT FEEL FAMILIAR IN YOUR LIFE AND ASK YOURSELF IF YOU STILL WANT THEM.

DECIDE TO MOVE AND TAKE A STEP.

DECIDE TO CHANGE AND KEEP CHANGING.

KEEP MOVING, YOU WILL CHANGE

AND YOUR WORLD WILL CHANGE.

Declarations of Independence:

I DECIDE TO MOVE,

I WILL TAKE ONE STEP, IT WILL BE:

THE STEP AFTER THAT WILL BE:

I DECIDE TO CHANGE ON THE INSIDE,

ONE THING I WILL CHANGE IS:

ANOTHER THING I WILL CHANGE IS:

I WILL CELEBRATE INCREMENTAL IMPROVEMENTS BY:



#5

What is Next?

What is my trajectory?

What general direction do I want to go?

What is my intention?

What can I do right now?

How can I act right now to help myself?

INSIGHTS:

IF YOU WANT TO GO 100MPH, START BY LEARNING HOW TO ACCELERATE.

DON'T MAKE INTERMEDIATE GOALS IMPORTANT; FOCUS ON YOUR INTENTION AND THE DIRECTION YOU WANT TO GO.

DETERMINE WHO YOU WANT TO BE. DECIDE YOU WANT TO START BEING THAT PERSON.

IMPROVE YOUR FUNDAMENTALS. DEVELOP THE TOOLS NECESSARY TO INCREASE YOUR PRODUCTIVITY AND EFFICIENCY.

REDUCE YOUR RESISTANCE.

FIND FLUIDITY, INCREASE YOUR MOMENTUM, AND REWARD YOURSELF WITH EVERY SUCCESSFUL STEP.

Declarations of Independence:



MY PATH WILL FIND ME AND I WILL BE READY.

I WILL FOCUS ON MY INTENTIONS AND THE DIRECTION I WANT TO GO.

I WILL CONSTANTLY BE IMPROVING MY FUNDAMENTALS.

I WILL BE SELF-APPRECIATIVE, SELF-RELIANT, AND DETERMINED.

Change Your World from the Inside Out.





**THE CHANGE
MILITIA.COM**

Movement Based Wellness & Personal Development

You are your habits.

**Do something
right now!**

Your personality is the composite of what you typically do.

Thinking about changing changes nothing.

Nothing matters until you move.

All change and every success starts with a single movement.

Every movement begins as a decision.

Change Your World from the Inside Out

JOIN OUR COMMUNITY AND FIND A GROUP OF LIKE-MINDED PEOPLE WILLING TO DO WHAT IS NECESSARY TO CHANGE THE WORLD FROM THE INSIDE OUT.

**JOIN US IN THE CHANGE MILITIA, BE A KINDNESS WARRIOR.
BECOME STRONG, CURIOUS, AND PASSIONATE
COMMITTED TO FUN, PLAYFULLNESS, AND FLUIDITY.**

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