



# PR4LIFE

Personal Resilience

Live on Purpose. Lead with Clarity. Thrive by Design.



## 6 Steps a New You Guide!

## Step 1: Ground Zero – Start Where You Are



Before you can get to where you want to be, you need to assess where you are now. Start by asking yourself these key questions:

- Where am I right now in my personal and professional life?
- What are my current challenges and obstacles?
- What do I want to achieve in the near future?

Use these questions as a foundation for self-reflection. Be honest about your current state, as this will help build a strong foundation for the rest of your journey.

### **Action:**

- Write down your current situation in a journal or note-taking app.
- Reflect on your feelings about this stage and note your initial goals.

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## Step 2: Explore The Inner You



Once you've identified where you are, it's time to dig deeper. Weekly self-reflection is crucial. Ask yourself questions that uncover your motivations, desires, and any limiting beliefs. These deeper insights will inspire new possibilities and help you understand why you are where you are.

### **Action:**

Set aside time weekly to reflect on questions like:

- What are my biggest strengths and weaknesses?
- Why do I believe certain things about myself?
- What fears are holding me back?

Journaling your answers will reveal patterns and motivations that guide your behavior and decision-making.

### Step 3: Weekly Activities



Small, consistent actions lead to big changes over time. Develop manageable activities that can help you gain clarity and direction. These weekly activities should push you toward growth and challenge you in a way that's achievable.

**Action:**

- Break your larger goals into smaller tasks.
- Every week, identify one small action that will get you closer to your goal.
- For example, if your goal is to improve your physical health, your weekly action might be to take a 15-minute walk each day.

Track your progress and adjust your activities based on what works and what doesn't.

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## Step 4: MAP Your Journey



Now that you've gained clarity about where you are and where you want to be, it's time to build your MAP (Master Action Plan). This MAP will guide you step-by-step to the future version of yourself that you want to become.

### **Action:**

- Write down your long-term goals.
- Break them down into smaller, actionable steps (this could be a monthly or quarterly plan).
- Prioritize these steps and place them on a timeline.

This MAP will be your personal blueprint for the journey ahead.



## Step 5: Master Action Plan



With your MAP in place, it's time to follow through. Commit to the actions outlined in your Master Action Plan and remain focused on your goals. The Master Action Plan should be flexible enough to allow for adjustments but structured enough to hold you accountable.

### **Action:**

- Commit to reviewing your MAP weekly or monthly.
- Adjust any tasks or goals that need re-evaluation based on your progress.
- Celebrate small wins to keep you motivated!

Like everything, consistency is the key to success.

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## Step 6: Meet the New You



Once you've reached your goal, take time to recognize and celebrate your growth. But don't stop there—true change is about maintaining your progress and continuing to evolve. Develop new habits and routines to support the “new you” that you've worked so hard to create.

### **Action:**

- Reflect on how far you've come since you started.
- Develop a post-experience plan to keep you on track. This could include routines like daily affirmations, check-ins with an accountability partner, or periodic self-assessments to ensure you're still growing.

By following these six steps, you'll be on a clear path to becoming the best version of yourself. This guide encourages you to take a proactive approach to self-improvement by focusing on understanding your current state, setting clear goals, and taking actionable steps to achieve them.

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