

Checklist

Passionate Pain: How to Get Through the Hurt?

Consider Where You Are: Location?



- Write down where you are locally?
- What opportunities are available?
- What do you need?
- How do you get there?
- Can where you are be changed?

Consider Where You Are: Emotionally?



- How do you feel about life and being emotionally unaccepted by people?
- Set goals
- Create and design a workspace for reading, praying, and completing tasks. (This is important to your consistency and showing up everyday for yourself).
- Process your tolerance, acceptance for what you like and dislike to help you manage "triggers."
- What are you going to do when you're upset?

Consider Where You Are: Dreams & Goals?



- Is what you're doing moving you closer to your dreams and goals?
- Can you be accountable to your dreams?
- How long will it take you to get there?
- List your dreams and goals

Assess Your Options



- What can you change, right now?
- Are you considering a career change?
- Restructure your schedule to meet goals? (Getting up earlier)
- Challenge yourself: Make a flowchart or roadmap on how you're planning to get there?

Make A Plan

- 90 Days Goals and Objectives:
- Check out the 90 Day Gratitude Journal (Blog Post)
- Brain-Dump ideas and Post them in your workspace to keep you on tasks.
- Eliminate over time what may not be considered options

Team Up and Take Action

- Start collaborating with your mentors on a regular basis
- Troubleshoot through discussion (scenarios) with core members
- Of course, hire me to coach and align your dreams and goals

Passionate Pain: Actionable Activities Things You'll Need to Get Started

Chart Paper and/or Dry Erase Board: Workspace

- Use this to list what you need to do--For example, buying a home
 - checking credit score
 - first time buyer actionables
 - contacting a realtor(s)
 - courses offered for first time buyers
- Create your workspace with pictures, desk, chair, or whatever suits you.
Note: It needs to be workspace not another room to lounge. Your goals and success is tied to your consistency.

Visit your situation to allow yourself bring closure

- Call the individual(s)
- Journal--It's so much healing in this.
- Visit old places

Post Your Dreams: Images and Timelines to Keep You On Track

- After making the adjustments, you will see the impact. Now, give yourself permission to JUMP!

Take Pictures of Your Team/Coaches/Mentors and Put Them in Your Workspace