

# GET INSPIRED

So you've set a goal and drafted a plan.  
Below is a journey through the stages of any project:  
Inspiration, Superpowers Integration, Implementation, Completion.  
Let's tap into your inner Jedi to **make it happen!**

## 01 INSPIRATION



Contemplate your goal/ project as if looking at it from afar.

What do you want to achieve with it?

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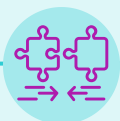
How are you expecting it to enrich your life?

.....

What would you like to learn from it?

.....

## 02 IMPLEMENTATION



Imagine you're taking one step closer to your goal.

What actions do you think you need to take?

.....

What challenges do you need to overcome to move closer to reaching your goal?

.....

## 03 SUPERPOWERS INTEGRATION



Now picture yourself taking another step towards your goal.

Which of your superpowers might you use in reaching this goal?

.....

What have you learned about yourself from previous projects that might help you with this one?

.....

## 04 COMPLETION



Take one final step: you've made it! Imagine you've reached your goal. Enjoy this moment and pay attention to your thoughts and feelings.  
What are you telling yourself?

.....

Who around you is impacted by your succes?

.....

What opportunities does your succes create for those around you?

.....

Now take all these learnings and head over to Step 05 to structure your insights.

## 05 INSIGHT # 1: SUPERPOWERS INTEGRATION



Now imagine going back to the to the Superpowers Integration stage, taking with you all the knowledge from Completion. Consider what it means to have already experienced succes- even if just in your mind's eye.

How does having experienced Completion change things in the Superpowers Stage?

Knowing what you know now, what would you change about this stage?

Which other Superpowers might you tap into as a result of this knowledge?

## 06 INSIGHT # 2: IMPLEMENTATION



Now imagine going back to the Implementation stage, taking with you all the knowledge from Completion and Superpowers Integration stages. Consider how this knowledge might make Implementation easier for you.

How does having experienced Completion and Superpowers Integration change things in the Implementation stage?

Knowing what you know now, what would you change about this stage?

## 07 ADVICE FROM YOUR INNER JEDI



Take one last step back to the Inspiration stage, taking with you all the knowledge from Completion, Superpowers Integration and Implementation stages. Consider how this knowledge changes things in the Inspiration stage.

Knowing what you know now, what advice would you give yourself in the Inspiration stage?

What might you do to make things even easier for yourself?

Write down the 3 simplest actions you will take to start moving towards your goal:

Need more inspiration?

Let's talk!

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EXPLORER  
FACILITATOR  
COACH

