

ESTD

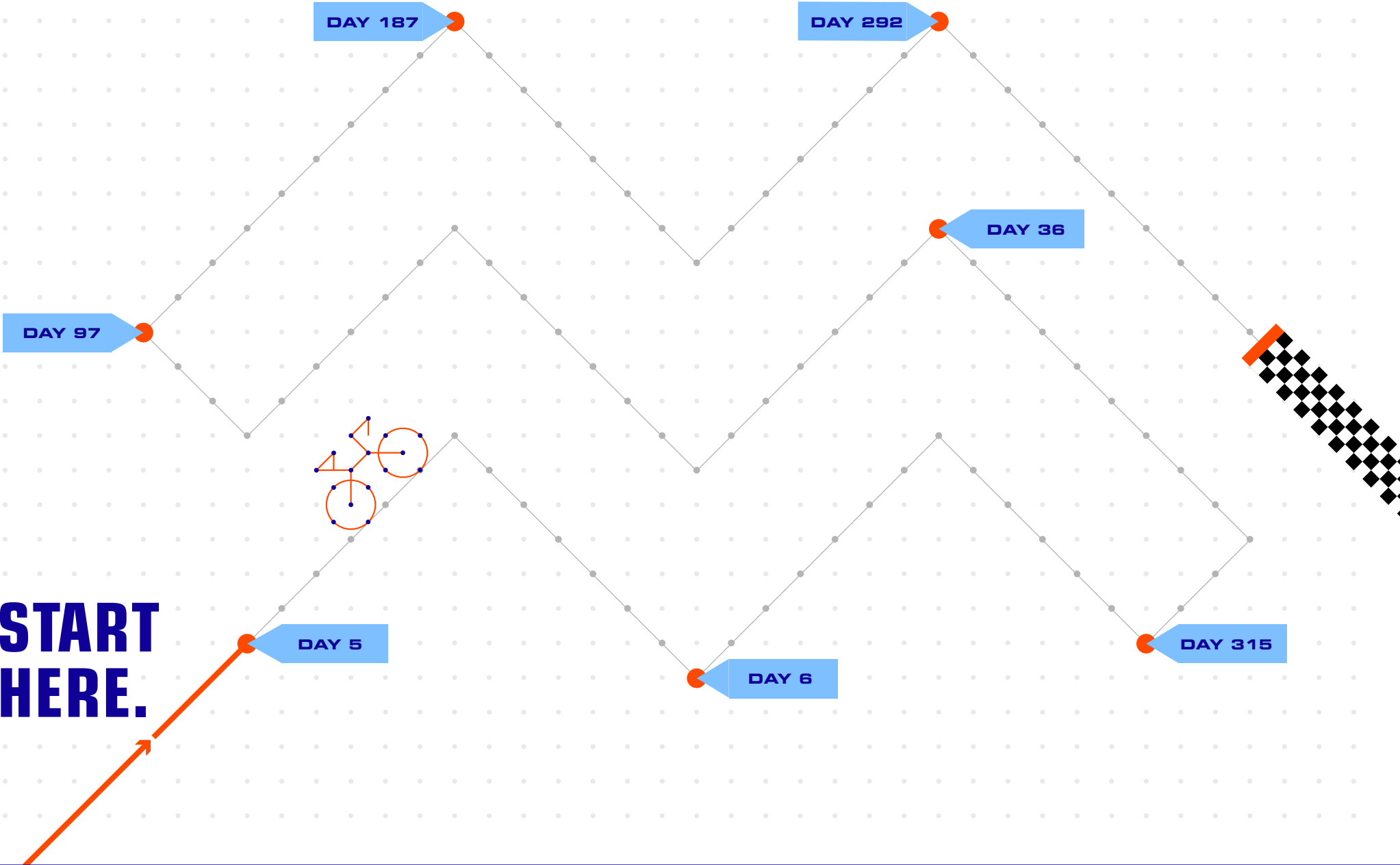


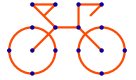
1999

THE MIDDLE

PLOT YOUR JOURNEY

CLICK ON EACH DAY TO NAVIGATE THIS DOCUMENT





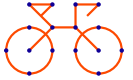
DAY 5

EVERY START HAS A DAY 5.
KEEP GOING.

1. Think about and then write down a journey you have recently started; a relationship, a project, a business or a new job.

2. What expectations did you have as you started? What did you want to achieve or perhaps anticipate happening?





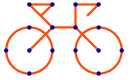
DAY 5

EVERY START HAS A DAY 5.
KEEP GOING.

3. What have been some of the tough realities or challenges you have faced after starting, which have demotivated you?

4. If you reflect on previous journeys that you have started, are there any common tough realities or challenges which have caused you to lose momentum or even give up?





DAY 5

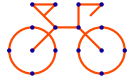
EVERY START HAS A DAY 5.
KEEP GOING.

5. How can you proactively deal with the realities and challenges that are within your control and develop momentum toward that which you want to achieve?

ENCOURAGEMENT

Take note of your current willingness to keep going. If motivation is low, commit to one practical step that you can take to develop momentum. At times it's simply about staying the course for just a little bit longer. If you are tracking along nicely, learn from previous journeys you have walked and be aware of what might get in the way. Keep going!



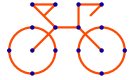


DAY 6 WHO YOU ARE WILL GET YOU THERE. REFUEL FROM YOUR STORY.

1. Why did you start what you started in the first place? Try and articulate the purpose or deeper reason why you decided to walk this journey.

2. What is the difference you will make in your own life and in the lives of others through what you are doing?





DAY 6 WHO YOU ARE WILL GET YOU THERE. REFUEL FROM YOUR STORY.

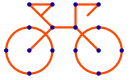
(Choose up to five which you feel are core what you are doing.)

3. What values are driving your current journey?

[CLICK HERE FOR A LIST OF VALUES](#)

4. What is the single most motivating reason, after reflecting on the above, that will inspire you to keep going when you feel demotivated or disillusioned?





DAY 6

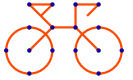
WHO YOU ARE WILL GET YOU THERE.
REFUEL FROM YOUR STORY.

5. What can you proactively do to reconnect with purpose, vision and values on a regular basis?

ENCOURAGEMENT

Reconnecting to purpose, vision and values is something we need to do at regular intervals. Consider how best you could do this. Is it through a conversation with a mentor or peers, some time on your own with a journal or a long reflective run? Be intentional and consistent in engaging in those activities, so as to enjoy the journey and finish well.





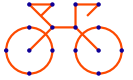
DAY 315

WHAT YOU FOCUS ON EXPANDS.
PROTECT YOUR PERSPECTIVE.

1. Jot down a few statements to help you become aware of your perspective of what you are doing.
You may find completing the following statements helpful; I am... This project is... I can't... I can...

2. What emotions do these statements produce? Optimism, fear, anxiety, joy, stress?





DAY 315

WHAT YOU FOCUS ON EXPANDS.
PROTECT YOUR PERSPECTIVE.

3. Overall, based on the above, would you say your perspective is generally more positive or more negative right now?

4. What could you focus more on so as to cultivate a healthier perspective of what you are doing?
Perhaps an achievement, or a positive development or feedback you have received?





DAY 315

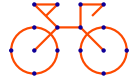
WHAT YOU FOCUS ON EXPANDS.
PROTECT YOUR PERSPECTIVE.

5. What could you focus less on given it fuels a negative perspective, producing tough emotions which don't serve you?

ENCOURAGEMENT

Fostering a healthy perspective can take time and is harder for some of us. Be patient with yourself on the days you end up in to negative space, but never give in to a permanent negative state of mind or become a slave to it. Continue to hold yourself accountable to choosing a healthy perspective. Reach out to others to help you keep your perspective in check.





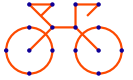
DAY 36

MINI MILESTONES ALL ADD UP.
THINK BIG. PLAN SMALL.

1. Write down the goals, along with some realistic timelines, which you believe will get you closer to what you wanted to achieve.

2. What is the most proactive next step that you can take in order to move in the direction of these goals?





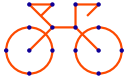
DAY 36

MINI MILESTONES ALL ADD UP.
THINK BIG. PLAN SMALL.

3. What is the most immediate obstacle standing in the way of achieving these goals?

4. What habits would serve you to overcome obstacles and / or maintain momentum toward these goals?





DAY 36

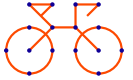
MINI MILESTONES ALL ADD UP.
THINK BIG. PLAN SMALL.

5. How can you proactively go about developing this habit? Do you need to sign up for something, speak to someone, or address a negative habit that simply must end?

ENCOURAGEMENT

In today's world, it's all about action and pace which gets in the way of quality thinking and considered action. If we don't pause to consider how we can work intentionally and strategically toward our goals, we can find ourselves at destinations which our circumstances have determined for us. Consider your route map, your plan and consistently pause to check how you are doing.





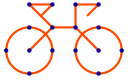
DAY 97

PLANS CHANGE.
BE PRESENT AND AGILE.

1. What are the plans or ideas for your life which you may potentially be holding on to too tightly?

2. What possible detours are you faced with right now? Perhaps life is taking a different direction, or other ways for you to achieve your goals which you never considered have presented themselves?





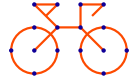
DAY 97

PLANS CHANGE.
BE PRESENT AND AGILE.

3. What possibilities may exist with these different routes or detours?

4. What would need to change or be adjusted should you embrace this new way of getting to your goal?





DAY 97

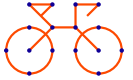
PLANS CHANGE.
BE PRESENT AND AGILE.

5. Who would be a helpful person to speak to, or what could you engage with, so as to engage around what these new possibilities may mean for you?

ENCOURAGEMENT

There are often many routes to the finish, and at times, our finishes look a bit different to what we originally articulated. Be present in your circumstances and agile as you consider where to from here. Whilst all goals require discipline, we must never be too focused or rigid in how we go about achieving them. Who knows what's possible as we open up to new possibilities?





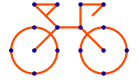
DAY 187

THE MIDDLE IS BEST DONE
WITH OTHERS. FIND YOUR TRIBE.

1. Who is in your tribe and what role do each of them play in supporting you?

2. Who could you invite into your tribe who would bring a more diverse and unique perspective into your life?





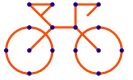
DAY 187

THE MIDDLE IS BEST DONE
WITH OTHERS. FIND YOUR TRIBE.

3. How can you connect with your tribe more intentionally, either individually or as a collective?

4. Who do you need to spend less time with given their influence or perspective inhibits your momentum toward your goals?





DAY 187

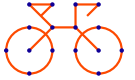
THE MIDDLE IS BEST DONE
WITH OTHERS. FIND YOUR TRIBE.

5. Whose tribe do you feel you could potentially be in and what role could you play? How will you reach out to them?

ENCOURAGEMENT

Whilst it's tempting to go it alone, the many significant finishes we read about in the world have required a collaborative effort. Time with your tribe is as important as time spent actively working toward the goal. Be bold in inviting people into your tribe. So often it's an immense privilege for them. Be bold in reaching to those who you feel need a tribe. You may be just what they need.





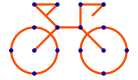
DAY 292

BARRIERS SOMETIMES WIN.
EMBRACE AND LEARN FROM FAILURE

1. When last did you fail?

2. What did that failure teach you?





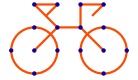
DAY 292

BARRIERS SOMETIMES WIN.
EMBRACE AND LEARN FROM FAILURE

3. If a failure has wounded you in any way, how can you proactively deal with that wound? (This may require professional help.)

4. How have past failures prepared you for your current circumstances?





DAY 292

BARRIERS SOMETIMES WIN.
EMBRACE AND LEARN FROM FAILURE

5. How could you risk more and leave your comfort zone as you pursue your goals?

ENCOURAGEMENT

- There is so much to be gained if we develop a healthy relationship with failure. Let go of focusing on what others will think. Spend time thinking about how failure could shape your journey and develop your capacity. Reach out and get help if you need. Failure no longer needs to limit you.
- Take some time to think about where you have held back due to fear of failure. Then step out.



KEEP GOING





ESTD

1999

**THE
MIDDLE**

THEMIDDLE.CO.ZA