



DECODING DOING

How We Organize Imagination



JOURNAL

Pre-Session 1: CONNECT

- ✦ *What are your experiences with choosing and activating to a task or project?*
- ✦ *What questions do you already have coming into this Spark?*
- ✦ *What are you hoping to achieve from this Spark?*

Session 1: CONNECT

- ✦ *SPARKS!*
- ✦ *What did you realize as you applied these ideas?*

I REALIZED:

Session 1: CONNECT

✦✦ *What is your biggest takeaway from this session?*

Breakout 1: CONNECT

Exercise 1

✦✦ *Pick your project and describe it here*

✦✦ *Describe what you want to achieve*

Exercise 2

CONNECT: Notice

When you notice this vague sense of needing to do something, consider these aspects:

- ✦ *What physical sensations do you feel?*
- ✦ *What thoughts and memories are coming up?*
- ✦ *What emotions are you aware of?*
- ✦ *Are any of these emotions old or baggage from the past?*
- ✦ *What do you have the urge to do in response to these thoughts, memories, and emotions?*
- ✦ *Which of these are specific to the present urge to do something?*

Exercise 3

CONNECT: Analyze

Think about the thing you are sensing you need to do. Ask yourself these questions and note down your instinctive answers. Be free with this:

✦ *How will you benefit from doing this?*

✦ *What will it cost you to do this?*

✦ *Has anything been a barrier to achieving this type of activity in the past?*

✦ *Is there anything that could get in the way of doing this in the present?*

✦ *What is different this time compared to other older experiences?*

✦ *Is there something else that you should be doing (just to double check)?*

Exercise 4

CONNECT: Choose

Now that you have noticed and analyzed your associations and triggers that prompted you to consider this task, you can be consciously aware of your need.

✧ *Describe what you are committing to do*

✧ *Share with the group what you will do and how it will feel for your future self*

Session 2: IMAGINE

✦ **SPARKS!**

✦ *What did you realize as you applied these ideas?*

I REALIZED:

Session 2: IMAGINE

✧ *What is your biggest takeaway from this session?*

Breakout 2: IMAGINE

Exercise 1

IMAGINE: Process

To organize our imagined action, it needs to be in enough detail that you could share it with others. First take a moment to notice, analyze and choose the process that will deliver your project.

Notice: *What is the target outcome?*

- ✧ *What are the measurable criteria for success that will deliver this outcome?*
- ✧ *What processes or actions do you have that you might use?*

Analyze: *Are the steps simple enough to give to someone else?*

- ✧ *Can you create a checklist of each step?*
- ✧ *Is there any step that you are not sure of or unable to complete?*

Choose: *Finalize a clear checklist for your steps and share with the group*

CHECKLIST:

Exercise 2

IMAGINE: Resources

Now check the resources you will need.

Notice:

Take a moment to visualize moving through the process, note the resources needed.

Did you capture time, people, places, things, money, knowledge etc.?

Analyze:

Do you have enough of everything on your resource list?

Will it be accessible before I start?

Create a checklist for resources.

Choose:

Plan to have all your resources available before starting the actions

Exercise 3

IMAGINE: Context

Create your plan in time. Take your planner or calendar and allocate your process tasks to specific times in your calendar. Pay particular attention to avoiding clashes with the rest of your planned life.

Notice:

Check in on the rest of your life. What else is going on.

Remember to check health/self-care, relationship, work and play.

Check also the impact of these actions on your resources such as your energy and money.

Analyze:

Are your priorities clear between the task and the rest of your life?

Will there be any impact on the rest of your life – and is that going to work?

Choose:

Write a brief description of how this will fit into your life – feel free to share it with the group.

Now that you have noticed and analyzed the processes, resources, and context of your task you should find that the task is easily achievable. If that is not the case, go back and dig into where the resistance lies, and add further detail so it is clear and simple. A good test is if you could explain the process to someone and they can understand how to do it themselves.

Share your choice to the group.

Describe what you are committing to do.

Share with the group what “I will” and how it will feel for my future self

✦ *What is your biggest takeaway from this session?*

✦ *What are you committing to doing after you leave this Spark session?
Make sure you include a commitment to time and a time to review.*

✦ *What further questions do you have for the Experts*