



STEPS to JOY

PROJECTS/PROCESS IMPROVEMENTS

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enJOY the Process[©]

PURPOSE COMMUNITY - GOAL NETWORK

TEMPE, AZ

STEPS to JOY Felicity Blackwater

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This is a life in progress, continuing to improve but we need your help. Starting with some colored pencils and a notebook, I'd love to hear your ideas, projects, plans, partners, & progress. To learn and show the young, unlearned and be open to learning from them. So let's see: What works for you? AND What would you add?

Questions or Ideas? Don't hesitate to ask or offer resources that enhance our collective service delivery and quality of living. Any contributions added to this collection will be awarded additional services. Send to purposecommunity.gcn@gmail.com



INTRO

When we know better, we can do better.

But adopting a new habit or goal by sheer will, alone, is an uphill battle. Without a trail guide, signs or a map, we get lost, stumble into injury, or even fall off and die.

A giant manual like computer code is mind-numbing for most, and the Library of Congress and infinity of helpful blogs spans several lifetimes. So, I offer you a navigation tool in life balance. Not narrative specifically to condense a framework for story building. Unique in the details we each appreciate, of color, and breeze while painting a life.

Enclosed here are cliffs notes of successes, lessons learned, and options to build on and enJOY action with purpose, in a community intent on the same. With quite study and diligent action together we'll fulfil its value.

I read to learn something I don't know. I write to log what I've learned. And hopefully make better decisions. I like shortcuts, rewards, clarity, affirmations and flexible choices. So, writing processes is natural, to gather ideas, results and enJOY exceeding expectations. My grandfather taught us young, not to walk past a piece of trash on the floor, "only a scum sucking pig would do that, pick it up." I'm grateful to be on the right side; from those who discard trash anywhere with no intention of picking it up, who respect nothing, and those who pick it up, who respect and are grateful for everything. Not the injustice of it, I saw a man in a drive thru literally throw his last meal out in front of the window, ten feet from a trash can, and being a beautiful spring day with my car window down right behind him I made sure he heard me, "Really?!" After a couple minutes the shame was too much and he wiggled his way out between the wall and wedged car door and picked it up.

I challenge you dear family, never shrink from helping the oblivious, and lets all pick up the trash off the floor. – In honor of Nick Breeze.

Context changes what we see and want to see, since there isn't time for it all, we choose. Chose the stories we tell and the comments we make and the time we take. You're not too busy, you have other priorities.

Confirmation bias is selecting information that supports what we want to believe. Coffee is good or bad? Both. This is an invitation to test an idea, a process and enJOY the benefits of life experience. Help people find solutions, when it's needed & wanted. Prepare for the comfort curve. The pause when considering something in a new light, hesitating to wrap your mind around how it relates to your ideals and life's canvas.

What are the bonus benefits?

What worked? _____ What would you add? _____

Scan and start where you feel interested. Take it in layers and receive support to use cycles of improvements. Lessons Learned and shared. Nurturing one life skill area impacts others. Focus on bonus benefit solutions.

Purpose Community is a third-party provider of supplemental benefits, drafting, mapping, training and tracking project/process improvement for Clarity, productivity and enJOYing life balance. Not just a project book, but the people who use it, together. If your life is well balanced, I invite you to help me to help others.

Purpose Community - Goal Network
helps student, professional, and retirement self-care & advancement
in writing and tracking projects/process improvement, for better transitions.

Purpose Community has organized 100 life balance, project, process into 5 JOYs, balancing 8 life colors, to save 5 limiting resources. Time, Stress, Space, Money, Pain



Goals create structure for nurturing positive possibilities. By drafting calculations and plans, our ideas align, and we step toward a better version of our shared life. When fear whispers in our ear, these resources and structure provide a map back on track, and create a process to revive, and inspire us onward.

Health has a direct impact on momentum and joy. We all struggle to muster our energy at times. With vision and action in hand, we feel changes nurtured and rested, together.

Relationships highly influence on our wellbeing, joy, and pain.

Are people a sum of their parts? Feelings? Experiences? Understanding our values, strengths, learning and communication styles, we appreciate our uniqueness, and others. Improving cooperation. Reconciling the nature and potential, of the divine plan we're all part of, with gratitude, share our gifts and graces, humbly with pride.

Business is what we put our time and talent into, money or not. What value does it share? What works and what doesn't? Can we improve it or remove it? How can it be done better, faster, easier?

Sustainability of managing the best use of resources and support is all our responsibility. The first step is being aware and available to problem-solving projects to protect the vulnerable, heal, teach and invite.



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What worked? _____ What would you add? _____

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What I Know Now
 What I Know Now
 What I Know Now



RELATED WORKS enJOY the Process®

- ✘ STEPS to JOY® - Projects Book
 - Monthly Community - Group Discussion Topic -
 - Telephonic Network - Weekly Peer Support
 - Activity Tracker - Project Progress Rewards
 - Hands-On Support - body, mind, business
- Community Calendar - Ed, Network, Non-profits, Jobbing, Civic, Social
- The HUB Resource Center Inc - Learn, Network & Volunteer
- Spreadsheet Series - Checklists, Activities, Information, SOP



1. Vision

WHAT does it look like?

An organized, colorFUL life balance.

More done, more fun.

Less stress, less waste.

Progress thru actionable information and support. Increase quality and satisfaction, for supporters of the collective good in a global community. Lead impacts thru efficient partnerships.

____ Each day build the legacy, practicing progress and sharing the benefits of what works in your circles and learning and sharing new ones. The pursuit of happiness in justice for all.

2. Value

WHY? EnJOY

Get more DONE and have more FUN.

Does the value exceed the cost of effort and time? Is it better to do, or outsource? Are there alternatives? Reflect as you engage your projects, resources and sharing opportunities.

Will there always be challenges? Yes. Can we have some fun managing them?

Your Vision & Values set perseverance.

*You can only take what you've given.
It's a Wonderful Life*

3. Mission

HOW? Project Management, Tools and Techniques of great explorers and achievers. Bodywork and Mind-building require exercise and regular re-commitment. Inputs [and Outputs] are personal choice. Refresh JOY thru acknowledgement.

Accountability tools are critical to success. Data, Templates, Checklists, Workshops, Community, Trackers. Neglect can delay outcomes and cost relationships.

Simplify challenges to promote impacts. Simple does not mean easy but supports progress and JOY. Planning and execution, to improve skills with practice and flexibility alongside uncertainty and error. Not all variables can be forecast, so an overly detailed a plan often doesn't meet expectations.

Consider Key Terms

- Vision & Value
- Story & Source
- Steps - Timeline
- Cost - Ingredients
- Alternative Options
- Risk Threshold

5-minute Meditation Sit comfortably, breathe, eyes closed, connect to your deeper self.

What do you want that is achievable?
What are steps you know to get there?
What are things that block the way?

Choice is your powerful ally

- Attitude – Bonus
- Benefits – Story/Stats
- Calendar – Checklist/Formula ideas

The list gets bigger. Flag difficulty, urgency, value. Eliminate some steps. Do you need someone's help? What can they do? What can you do for them in return?

What worked? _____ What would you add? _____

4. Culture

- 🔍 **WHO?** Seekers, makers, helpers, givers.
- 🔍 **WHEN?** Now! Holding back decides when [and how] you arrive.

Are we perfect? No. Are we Awesome? Yes! Can we? ___ May we? ___

Code of Ethics

1. Solutions above Ego: Consider all insights with patience
2. Data-driven (benefits, risks, options, costs, action steps) solution oriented
3. Mutual benefit cooperation, over of competitive greed
4. Sustainability and scalability over short-term profit
5. Service based leadership

Core Values

1. **Plan, Practice, Progress, Pass-it-on** (stride best, with the end in mind)
2. **Support & Report** (measuring, sharing results and encouragement)
3. **Creative Bonus** (layering on the win/win in every situation)
4. **Calm Assertive** (respond to challenges as training opportunities)
5. **Cautiously Grateful** (for opportunities and gifts that fulfill our future)
6. **Delight & Invite** (enjoying and sharing with others)
7. **Data and dialog.** Who does it help? Who does it hurt? Lasting cost-benefits?
8. **Clean & Clear** (regularly reorganize, declutter space, time & mind)
9. **Don't Wait or Waste** (act on opportunities now, avoid misuse of gifts)

5. Commitment

Time and effort pay direct investment to your outcomes. Your values inspire a pattern and pace, and the world opens to put golden resources in the path. People and ideas, feelings and purpose. Help is found to support the hurdles. Fear-less, the challenge exploring, and appreciate curiosity. Ask for and give opportunities.

Goals Green Belt

- Organize/Support Valuable Goals
- Work thru the Activities
- Acknowledge & enJOY progress

Health Yellow Belt

- Optimize physiology
- Map and track improvements
- Exercise your beliefs

Relationships Red Belt

- Identify your Strengths
- Map Relationships & Resources
- Invite a friend to enJOY w/ you.

Business Blue Belt

- Evaluate productivity & succession
- Create shared excellence
- Grow associations, collaborations, and innovations

Sustainability Black Belt

- Know agendas, candidate positions & vote for local/federal policy
- Volunteer
- Be open to socially discuss spiritual/political beliefs, kindly sharing respect, support, gratitude.



JOY 1 | GOALS

Is it worth it? Success and JOY require an honest evaluation of Commitment & required resources. How do you measure time? By how you spend it. Time saved, is time well spent. If you're saving it, shouldn't it be to spend it on something better? Same with money, stress, and pain, is a question of worth.

Drawing a mind-map of our groups and achievements helps us connect where we've been, are and can go next. The download frees mental CPU space to our creative autopilot, to make natural connections and discoveries. Best practice is to literally BREATHE into our goals, focus on breathing, the rest will come. Some of the best ideas pop up when you least expect them, playing a simple game, or cleaning. Free writing is a powerful tool as well.

ACTIVITY

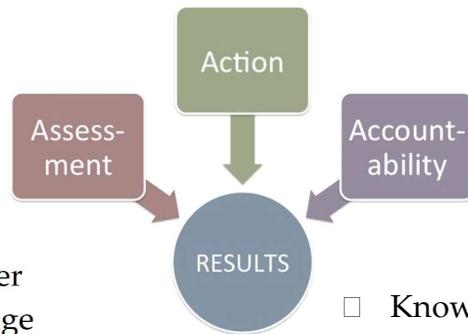
- Reflections
- Stages of Change
- Wheel of Change
- Prioritize
- Goals & Steps
- Project Chart

COST

- Budget
- Files
- Organize
- Minimize Clutter
- Maximize Storage

TIME

- Time Management
- Calendar
- Daily Reminders
- Flow
- Downtime



- connect ideas
- plan & track progress
- work smarter
- save time
- exhale a smile

- Know your outcome – success is inevitable
- Create action – it's not over until you give up
- Notice responses (counter or productive)
- Be flexible in approach (adjust, resolve)

Nothing in the world can take the place of persistence.

Talent will not: Nothing is more common than unsuccessful men with talent.

Genius will not: Unrewarded genius is almost a proverb.

Education will not: The world is full of educated derelicts.

Persistence and determination alone are omnipotent. – Calvin Coolidge

What's your dream? Take 3 deep breaths, look into the sky and visualize achievement.

A legacy folds who you ARE [kind, generous, helpful, thoughtful] with what you DO in life. Your resume, what you've learned, created, healed, helped, shared, taught that will serve after you.

What worked? _____ What would you add? _____