THE RECYCLED PIRATE

Life Awareness & Innovations

Self Development Introduction

Introduction:

This self assessment by **The Recycled Pirate | Life Awareness & Innovations** is to help you discover yourself. In time, it will help you discover your hidden talents, strengths and learn how to develop them yourself.

With simple techniques we'll go through the steps that will help you learn to coach yourself and become a better version of you.

There are no rules in this trajectory other than to keep breathing, be totally honest to yourself and trust the process. You'll have one on one sessions with me where you can discuss your concerns and get the necessary guidance to keep your progress strong.

We all need some help along the yellow brick road. Here are some tips to help you keep track of your progress and improve your skills:

- Get a journal and write your ideas and taken assignments down. When you read them back in six months you'll have a better vision to see where you came from and where you are on your path.

- Maintain a digital notebook like Google Docs so your notes are easily accessible from your phone and laptop. You can also share your notes with your coach or friends and discuss your points of attention.

- Talk to yourself about what you've done. Right or wrong. Be honest to yourself about yourself. Lying to yourself is the most poisonous when you try to grow. A mistake is only a failure if you don't learn from it.

- Look back on your progress. Cherish your growth.

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Self Development Assessment

1. Who are you?
2. What are you?
3. Why are you doing this?
4. For who are you doing this?
5. What would be your dream goal/achievement?
6. What is work to you?
7. Are you or do you want to be a business owner or an employee?
8. How many days a week do you want to work?
9. How many hours a week do you want to work?
10. How much do you need to earn monthly?:
11. Why do you need to earn that?:
12. How much do you want to earn monthly?
13. Why do you want to earn that?
14. What is the most basic need that you need right now to progress in your trajectory?
15. What are you doing now to accomplish this? What could help and improve your current situation?

No answer is also an answer.
It means that you don't know it yet,
and that the question should be on your priority list.
We'll get to that. Keep breathing.

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Self Development Life balance

Fill in the numbers from 1 to 5. 1 being the most important and 5 the least important personal development for you.

Professional
Personal
Family
Spirituality
Sexuality

bal·ance
/ˈbaləns/

noun

1. an even distribution of weight enabling someone or something to remain upright and steady.
   "slipping in the mud but **keeping** their **balance**"
   synonyms: stability, equilibrium, steadiness, footing
   "I tripped and lost my balance"

1. Are **WHO** you are and **WHAT** you are different?
2. Are **WHO** you do it for and **WHAT** you do it for, aligned?
3. How do **YOU** get to and balance **YOUR** basic needs?

Alignment

Where are you now and where do you want to be? Grade your alignment with your future self. Rate your alignment between 0 and 5. 5 being the highest level and 0 the lowest.

Body Mind Spirit

Which one has your priority? Number them from 1 to 3, 1 being the most important and 3 the less important:

Body Mind Spirit

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Self Development Priorities

If you had a day to have everything taken care off, what would be your “To Do” list?
Is it business or personal? Is it a “To Want” list? Or do you really need to do these?

Make them both and see where the “To Do” can help the “To Want” and vice versa.

To Do List:	To Want List:

If you want to create even more structure in your “**To Do’s**” make four lists:

Bucket list Everything you dream of and you want to do in your life
Wish list Everything fun that you would want to do but not necessary
Short list Everything you need to do now to grow and progress
To Do list Everything that needs to be done eventually

What has more value for you? Live to the max / Balanced Life / Enough to get me through.

Let’s work with the acquired knowledge to bring your dream into reality.

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Self Development Urgent/Important Matrix

What is important, or just in your way to get where you want to be?

Urgent Important	Not Urgent Important
Urgent Not Important	Not Urgent Not Important

Urgent	Important	Not Urgent	Not Important

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Self Development Daily Schedule

Take a look at your daily schedule. What does it look like right now? What would you like to change? Can you keep to your schedule or is it more a guideline?

Make an overview in your journal and adjust to what your life needs.

Morning:
How late does your morning begin? What do you plan to do with your time?

-
-
-
-

Noon:
What do you do at noon? What do you plan to do with your time?

-
-

Afternoon:
How late does your afternoon begin? What do you plan to do with your time?

-
-
-
-

Night:
How late does your night begin? What do you plan to do with your time?

-
-
-
-

Scheduled tasks: *(daily or weekly tasks that you can plan on the same day)*

-
-
-
-