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| Worksheet |  | Jumpstart Kit  Worksheets |

This Worksheet will help you to explore your relationship with the shadow side of *Now.* We’ll look at this topic from two different angles. The first is the relationship of **Long-term vs. Short-term** cost/benefit analysis. The second is what I all the **Right Now** phenomenon. The worksheet will help you to use the seven areas of Life Design as you think through both of these perspectives. The examples provided are merely to spur your thinking. I encourage you to come up with your own examples from your life. You can even send them back to me and I’ll include them in future worksheets! Just email your ideas to [info@lifedesigncenter.com](mailto:info@lifedesigncenter.com).

**Long-term vs. Short-Term Analysis**

Our problems in this area of Life Design tend to involve prioritizing the short-term at the expense of the long-term. Even though we know certain behaviors are beneficial for us in the long-term, we don’t do them, either because the pleasures available in the short-term are so great or our perceived discomfort in the short-term is too great.

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| Life Design Area & Examples | **Personal Notes & Observations** |
| Health   * Failing to get regular exercise * Poor eating decisions * Over-indulging in alcohol * Smoking or drug use * Irresponsibly engaging in high-risk activities |  |
| Work   * Sticking around in job you don’t like * Compromising your values or ideas for short-term gains * Pursuing a career direction based on the expectations of others rather than your own internal compass * Doing a job for the “wrong” reasons * Overemphasizing work at the expense of other areas of your Life Design. |  |
| Finances   * Failing to engage in thoughtful, long-term financial planning * Failure to save and invest for your long-term future * Succumbing to impulse purchases, resulting in over-spending or over-consumption * Avoiding discussions about money. |  |
| Relationships   * Sticking in a bad relationship because it is convenient, or you cannot think of a better option * Failing to invest in long-term relationship development in order to prioritize other areas of your Life Design * Taking relationships for granted * Engaging in promiscuous relationships in a reckless or non-intentional manner * Intentionally violating trust in relationships |  |
| Growth & Development   * Failing to make long-term investments in your personal growth and development * Believing that you are as “developed” as you will ever be and allowing this belief to guide your actions in life. * Avoiding things (conversations, activities, etc.) that require you to fully engage your mind * Staying in your comfort zone |  |
| Fun!!!   * Irresponsibly engaging in high-risk activities * Over-indulging in unhealthy activities, partying, etc. * Over-emphasizing fun and enjoyment in the current moment at the expense of other areas of your life, such as relationships, finances, or work * Failing to seek out activities and experiences that bring you joy |  |
| Spirituality   * Avoiding any thoughts or discussion of matters that transcend your life on this planet * Over-emphasizing your spiritual development or commitment to the point of negative consequences in other areas of your life * Seeking quit-hit solutions to spiritual questions rather than committing the time and introspection needed to gain real insights and understanding * Becoming blinded and infatuated with fads, trends, or gurus * Becoming so deeply committed to your own perspective that you fail to recognize and appreciate the valuable contributions of others |  |

**Results-Right-Now Thinking**

This phenomenon is characterized by our insatiable desire to satisfy our wants and needs immediately. We lose any sense of willpower and feel tremendous anxiety when we cannot get what we need right away. The problem has a tendency to ratchet in intensity because as we are able to satisfy some of our immediate needs, this quickly becomes the new “norm” and then we measure all new experiences against that.

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| Life Design Area & Examples | **Personal Notes & Observations** |
| Health   * Seeking quit-hit diet solutions that seem to good to be true and prove to be impossible to maintain * Jumping into new activities full-bore, only to lose momentum quickly and ultimately abandon the new practice * Grasping at gadgets, applications, technology fads and other magical products guaranteeing to improve our health without ever really delivering. |  |
| Work   * Trying to solve complex problems with silver-bullet solutions that never work out as well as they sound * Failing to engage deeply in challenges because it is easier to ignore them or do them alone, without involving others * Over-valuing tools, policies, systems, and processes at the expense of valuing people. * Haphazardly jumping from one opportunity or challenge to the next without ever fully committing to anything or giving any one opportunity real consideration * Failing to deeply consider alternative perspectives from your own |  |
| Finances   * Spending now without consideration of your budget * Grasping blindly at the latest money-making fads, technology, or gurus promising big results * Trying to make massive financial moves to “score big” * Gambling irresponsibly |  |
| Relationships   * Treating relationships like a commodity or something that exist only to serve you * Engaging in conflict like a battle that is either won or lost * Over-reliance on technology solutions such as online dating sites * Using non-engaging communications (such as text messaging) as a substitute for real conversations that require time and attention |  |
| Growth & Development   * Bouncing from one development program to the next rather than going deep into any one program * Constantly seeking more and more information rather than focusing on applying the learning you’ve already done * Guru seeking * Grasping at silver-bullet plans, processes, and programs that make big promises but deliver little in the way of results * Abandoning growth and development plans because you don’t see immediate results |  |
| Fun!!!   * Allowing yourself to be constantly distracted from the areas of your life that require real focus and attention (ex. Social media) * Becoming addicted to games and activities that serve only to make you forget your day-to-day life and the things that really matter |  |
| Spirituality   * Always trying to find the fast-track to enlightenment * Over-reliance on fads, apps, and technology to advance your spiritual practice * Abandoning your spiritual practice entirely because it doesn’t explain or solve every immediate need or concern that you have |  |