

Move Forward

Seven Days to Life-Changing Clarity and
Direction

Workbook and Journal

Dr. Neal Nybo

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Bonus offer: When you buy this book:

- Receive a downloadable PDF of the print edition free
- 50% off the companion video course
- A PDF of a summary and first chapter of *Stuck!: Navigating Life and Leadership Transitions* by Terry Walling
- See Day 8 for details

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Acclaim for *Move Forward* and Neal Nybo

“I have known Neal for more than fifteen years, and been involved with his spiritual growth and calling quite intimately over those years. Neal is simply a wonderful human being of great talents and gifts. People naturally look to him for leadership and love to be in his presence. I am praying that he will have increasing opportunities to speak and to write, for I think what he has to say has now reached a quality that will make him a rich source of guidance and instruction in the spiritual life to many people.”

—Dallas Willard, author, professor, pastor

“Neal has developed a process that can help you get unstuck! I encounter individuals across the world, in all sorts of settings, that just need a simple, clear path, to move from where they are to where they know they need to be. Neal’s process does it.”

—Terry Walling, author of *Stuck!* and president of Leader Breakthru

“Neal is a special person, very attentive to the students, and communicates the contents of this process in a very simple and understandable way. I now understand more about myself and the actions I need to take to have a better life. Finally, I managed to have a direction of who I want to be 5 years from now. Thanks Neal!”

—Grateful student

“Going through the process laid out by *Move Forward*, I was able to get clarity on a direction I needed to go. This direction has enriched my life greatly and I would not have known my next steps if I had not gone through the *Move Forward* process.”

—San Diego resident

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DEDICATION

To my mentors and friends who have stayed with me through the creation of this process and the writing of this workbook. Some have attended every seminar, read every draft, prayed for me, and held me accountable. There are dozens. I need to especially thank Carolyn, Marty, Shell, Kathy, Emily, Annie, Ruth Ann, John, Siv, Betsy, Terry, and Alan.

Foreword

In 2015, I had one of those crazy experiences where you know it has to be God. I was driving my car, thinking about the transition my church was about to go through when our senior pastor retired. I knew a committee was looking for an interim pastor to lead the church until a new senior pastor was hired. The thought came to me—*why don't you lead it along with Neal and the other ministers?* It had to be of God because I would never have come up with this idea on my own. After many meetings and votes of various groups, I found myself working for \$1.00 a year, and sitting around a table with four pastors and ministers.

Everyone said we would lose ten to twenty percent of our attendance and income. So far, eight months into it, we are proving them wrong. In fact, we had the best December attendance and giving in ten years! I believe Neal's leadership is an important part of our progress. He has a personal sense of direction in his life and is intentional about the steps he takes to get there. Our congregation is a big part of that journey, and we all benefit from his clarity.

As a member of his congregation, I've watched Neal lead, teach, and write about transformation. I've participated in his workshops for our church. I've worked through the exercises in this book. While my organizations help leaders across the country, Neal has quietly offered his insights in San Diego, where God has planted him.

I've been privileged to work with some of the best leaders in America, and written books with many of them. I've always tried to keep my guidance simple and easy to understand. Those are qualities I appreciate in this workbook. With a few simple exercises, done over a few days, Neal's process helps you find the motivation to get to work on your future.

Neal likes to quote me saying, "Knowing where you're going is the first step to get there." This book will help you do both—know where you are going and what your first step should be.

—Ken Blanchard, author of *The New One Minute Manager* and *Lead*

Like Jesus Revisited



WHY MOVE FORWARD?

“If you do not know where you come from, then you don't know where you are, and if you don't know where you are, then you don't know where you're going. And if you don't know where you're going, you're probably going wrong.”

— Terry Pratchett,

Move Forward will give you clarity and direction

Imagine yourself sitting on a couch at a New Year's Eve party. The crowd has moved into the other room and just a handful of people are catching up with old friends and getting to know new ones. Everyone has talked about what happened this year and their plans for next year. The dip bowl on the coffee table is empty and the chips are gone. Glasses have been refilled and all the preliminary conversation topics about what you do and where you grew up have stalled out. Then, rather than getting up and finding a new group to mingle with, one of the people sitting next to you picks up on

something you said earlier. She seems genuinely interested and asks you, “So, where do you see yourself in five years?”

Another time, you might have given a noncommittal response, like most people would. But something about this question makes you want to answer it honestly. Can you? Can you give a thoughtful, specific, and clear answer to where you want to be five years from now? You take a sip of your drink to gather your thoughts but, before you can respond, a man on the other side of you jumps in with real interest and asks, “And what is the next step you need to take to head in that direction?” Assuming these two aren’t insurance salespeople or network marketers with their own agendas, have you got an answer?

Where do you want to be five years from now and what are the next steps you need to take to get there?

These are the two questions this workbook and journal help you answer.

What is Move Forward?

The Move Forward Workbook and Journal contains a set of thought processes, exercises, and reflection opportunities. Combined, they create an environment in your heart and mind that naturally leads to “Aha” moments and breakthroughs in clear thinking. They center around positive events in your life. You focus on the best character elements, values, and interests that make up the

core of who you are. These exercises are spread out over seven days, giving you enough time to genuinely reflect on lessons you have learned throughout your life. And the time is short enough that you can come to clarity and direction much faster than you imagined possible.

This workbook and journal is the result of multiple generations of the Move Forward process practiced by thousands of people in live seminars, online video courses, and printed workbooks similar to this. It has benefitted from feedback to the point it can now guide you to a positive outcome in seven days. It has grown out of my passion for helping individuals and organizations find direction. There is a lot of me, including my beliefs and my stories, woven throughout the fabric of the book. To take my predisposition out would be to unravel this work and make it something other than mine. My clarity and direction would be missing. I'm not sure what it would be, but I wouldn't be interested in it, and I doubt it would hold your attention.

So, you get me as well as my book. I am a Christian pastor. My uplifting moments and core elements revolve around life-changing experiences involving faith. When I tell my stories, they are going to include God. That said, to the best of my ability, I have not explicitly incorporated faith language into the primary content of the book or the Move Forward process. Its principles are grounded in, and drawn from, my faith community. But, it is not necessary for

you to understand, agree with, or even recognize the spiritual foundations of this work for it to work for you.

Window on faith

Along the way, I will include small sections called “Window on faith” where I’ve included descriptions of, and background for, where my ideas have come from. Read or skip these sections. I hope the process detailed in this workbook and journal helps you as much as it has helped me and many others. I hope you find clarity and direction for your life, like a flashlight that reveals the specific next steps right in front of you and a general destination out ahead.

Neal’s story

I’ve scattered parts of my journey throughout the workbook and journal when my experience can give you a helpful example. I hope my story offers perspective and encouragement that the elements of this process have worked for someone else.

Before you begin

Like any journey, this one will be easier if you know why and how you are taking it. Here are some preliminary thoughts and supporting materials that will help you understand the process you

are about to engage.

A simple plan for a life-changing process

First step: Create an environment in your heart and mind for clarity

On days one through five you will practice exercises that develop an environment in your heart and mind that naturally results in clarity for your future and your next step.

Second step: Include someone in your discovery

On day six you will share what you have been learning with another person. This adds the synergy of the two of you thinking together into your internal environment. Your energy and their enthusiasm can produce the “Aha” moment that can help you tighten your self-perspective and solidify your thinking.

Third step: Identify your direction and next step

With your new insight, you have confidence and conviction about where you need to go and what personal traits you will bring with you. You will identify what elements of your life to keep, improve, and phase out.

Days one through five

Each of the first five days follows the same pattern.

Morning section with two parts. Total *minimum* time: 15 minutes. Feel free to take longer. There is no right or wrong here.

- Initial thoughts: Here you'll read about the process and what you will be working on that day.
- An exercise that helps you focus on a single topic.

Evening section. Total *minimum* time: 5 minutes.

- Review and reflect on what you learned that day.
- Recommit yourself to discovering your own clarity and direction.

You are welcome to take longer, reflect more, and journal additional thoughts.

Day six

Today you review with someone else. It can be extremely clarifying to share your process with at least one other person. You will skip the morning exercise time and instead take at least fifteen minutes sometime during this day to share your major lessons and insights with another person.

Day seven

The final part of the process gathers and summarizes everything you will have learned during the previous days. The activities are a

little different and they may take a little longer. At the end of the day, you will have the clarity and direction you have been wanting.

Day eight

Before you close the workbook and journal, I've got encouragement for you based on all I have learned by leading others through the process. It also represents day one of your next steps.

Groups

The Move Forward process in this workbook and journal is ideal for a small group study in churches, homes, businesses, or anywhere else that groups gather and individuals seek clarity and direction. While the process can be completed in seven consecutive days, groups would probably take one day per week for seven weeks. Group members would do the exercise one day and the groups would discuss it at their weekly meeting. The process has been effectively used in seminar and group settings with hundreds of people. In fact, the synergy associated with group interaction enhances the learning and commitment process.

Groups may want to pay particular attention to the "Window on faith" sections, where the biblical foundations for the exercises are described. For Christians, these will likely be familiar passages, but the ideas may be new. Both Christians and others will benefit from discussing each section and gain some wisdom from the concepts.

Group meetings assume members have completed their exercises. Each day's work should be able to be finished in twenty minutes. If you are meeting together once a week, make the commitment to get that work done before the meeting time. Use the time to reflect on what you have learned.

We've briefly introduced the idea that this process creates an environment in your heart and mind where clarity and direction are the natural outcome. More will be said in the coming pages. Your group's time together helps create that environment for each participant. Keep the group and the conversation positive and supportive. Each person's future, guided by this process, is important. Your group has an incredible opportunity to enhance and strengthen each person's experience. I encourage you to take advantage of any opportunity to include others in your journey.

What took me years will take you days

I know where I want to be in five years, and the next steps I need to take to get there. They are based on the best core of who I am and my most uplifting experiences, so I am totally motivated to move forward. I've put in this workbook and journal what I have taught a couple thousand people already. What took me years to develop is now helping people like you find their own clarity and direction in just seven days. It may sound too good to be true, but it is already working for many. How exciting for you to be next!

DAY 7

YOUR DIRECTION AND NEXT STEPS

“Joy does not simply happen to us. We have to choose joy and keep choosing it every day.”

—Henri J.M. Nouwen

Time for Your Clarity and Direction

In the introduction, I said this process would answer two questions. *Where do you want to be five years from now and what are the next steps you need to take to get there?* It is time to answer those two questions. Set time aside today for this final phase. Take as much time as you need for this step. You will benefit from more than fifteen minutes in the morning—an hour or even a half day of focused time would be better. Find a place conducive to thinking and reflecting on all you have learned. Let’s jump right in. This final exercise is going to get your clarity and direction down on paper.

Morning Exercise Day 7

CREATING YOUR PLAN TO *MOVE FORWARD*.

Five years from now I will be: (see Day 5)

I will hang on to these key elements of my core. (see Day 4)

- 1.
- 2.
- 3.

I need to improve or work on these areas that help me live into my core. (see Day 2)

- 1.
- 2.
- 3.

I need to surrender these things that discourage me or hold me back. (see Day 4)

- 1.
- 2.

Given these things I need to improve and surrender, I need to decide about the following soon. (see feedback on Day 6)

1.

2.

3.

To *move forward*, I can take this next step immediately.

1.

I can take these additional steps...

by this date:

1.

2.

3.

I will seek out these specific people or type of person such as a doctor, coach, counselor, to assist me.

Evening Exercise Day 7

Review: Read through your answers from this morning.

Reflect: Think about the next step you need to take that you identified this morning and decide when you intend to take that step.

Recommit: Acknowledge that there are changes you want to make in your life and future.

Repeat these affirmations out loud with confidence and enthusiasm.

I'm ready to move from:

- Complacency to adventure
- Status quo to courageous change
- Awesome foundation to next level
- Comfortable to energized
- Where I am to where I am going
- Concern and worry to joy and enthusiasm

