



www.SylviaHenderson.com



MY IDEA JOURNAL

A Pocket Reference Book[©]

by Sylvia Henderson



My clients tell me that their biggest challenges to implementing ideas are, "I don't have time"; "I don't know how/when to make 'it' happen"; "It takes a lot of work"; and "I need focus & accountability to follow through".

Can you relate? Well, no more! I created this Idea Journal to move you...

"From possibility, to profitable;
Thinking, to thriving;
Concept, to cash...
Ideas, to income & IMPACT[©]."

Use this Pocket Reference Book[©] – as well as the tools, programs & resources from my Idea Success Network – to capture your ideas & **move them into action and income.**

Identify the pros & cons of your idea.

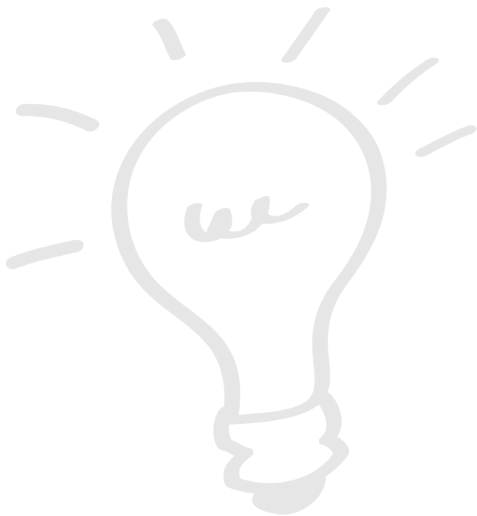
Note additional research you need to gain clarity about implementation.

+	-	NOTES



IDEA INSIGHT: Copy this chart for each idea you consider.

Sometimes you just need to start with
a blank page!



IDEA INSIGHT: Use small
sticky notes – or pencil & eraser –
to ideastorm your thoughts.



IDEA INSIGHT: Capture details so you don't lose them. Use a consistent system.

Carry a notebook.

Write in your journal.

Use a binder with plastic sleeves.

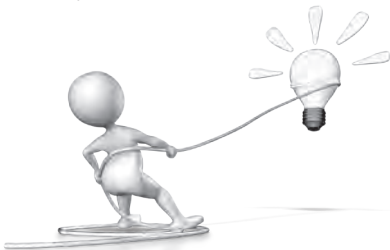
Keep a note pad beside your bed.

Record thoughts on your phone.

Text yourself a message.

Bind index cards together.

Take a picture for a visual reminder.



"Thinking about doing something is the same thing as doing nothing."




~ Sam Milman

Storyboard – sketch your idea and progression.






Drill-Down Instructions: Write your idea and expand it into 3 parts. Add detail. This helps you to prepare an







I Ideate your idea (Ideation)

-  Ideate your idea (Ideation)
-  Capture details / thoughts
-  Apply critical and creative thinking

M Manipulate – mold your message

-  Manipulate – mold your message
-  Take inventory of data, facts, reasons, feelings – W5+H
-  Synthesize details to focus
-  Organize; categorize; structure; prioritize
-  Decide – profit, purpose, impact

P Plan strategic actions

-  Plan strategic actions
-  Build your team / tribe – the people to support you & your idea
-  Plot your strategy & action items (planning)
-  Employ project management resources



A Action...take it!

- 💡 Act on strategies
- 💡 Log checkpoints, milestones, progression
- 💡 Establish & engage accountability systems
- 💡 Redirect when necessary

C Communicate for action

- 💡 Question & listen intentionally
- 💡 Practice verbal & nonverbal techniques
- 💡 Present powerfully & with purpose; get your points across clearly
- 💡 Make your call to action; be specific
- 💡 Schedule the next move

T Take measure of your results

- 💡 Assess your results
- 💡 Be accountable
- 💡 Revise & reset to "continue"



IDEA INSIGHT: Create milestones & checkpoints to plan your implementation strategy. This helps you manage action items, check progress, and set accountability points.









ASK YOURSELF:



Why?

- 💡 What happens, when?
- 💡 Who is responsible for what?
- 💡 What do you need?
- 💡 What must happen before something else can happen?
- 💡 What can be done simultaneously?
- 💡 What's your end goal & how will you get there?
- 💡 What can you ignore or get rid of?
- 💡 Whom do you need to support you?
- 💡 In what ways?
- 💡 What is your "plan B" alternative?

Consider your idea from different perspectives. Figuratively wear each of these six hats to analyze your idea.

	White – information known or needed, facts about your idea
	Yellow – optimism, positives, value, benefits
	Black – judgment, danger, what might go wrong
	Red – emotions, feelings, hunches, intuition
	Green – creativity, alternatives, possibilities
	Blue – systems, processes, make sure to consider the other hats



IDEA INSIGHT: This analysis technique is from DeBono's Six Thinking Hats. Learn more at DeBonoGroup.com/six_thinking_hats.php.



IDEA INSIGHT: Step away from your idea when you feel stuck. Engage your brain in a puzzle...or nothing!



Trace this labyrinth with your finger.
In what other ways can you dis-engage to
re-energize, re-fresh, & re-focus?

"Begin with the end in mind."
~ Steven Covey, 7 Habits of Highly
Successful People

End result (your idea, implemented):



BEGIN
HERE

YOUR IDEA MESSAGE

In 25 words or less, write your core idea message here. Be clear and concise so your idea is easily understood.

ABOUT THE AUTHOR



Sylvia Henderson is your Idea Implementation Expert. She transforms professionals, entrepreneurs, teams, & individuals seeking next chapters in their lives to get clear, get focused, create blueprints & systems, and take action

on their ideas. She is CEO of Springboard Training, LLC. & founder of the Idea Success Network, providing programs, tools, resources, & advisory services to individuals and organizations.

Cure over-thinking & under-doing – and create the results you want – with Sylvia's strategies, systems, tools, & guidance. Get tips & best practices to figure things out & get things done – plus FREE chapters from Sylvia's book *Hey, That's My Idea!* at

www.SylviaHenderson.com.

© Sylvia Henderson

*"An idea not coupled with action will
never get any bigger than the brain
cell it occupies."*

*~ Arnold H. Glasgow, American Humorist
(1905-1998)*

MORE FOR YOU FROM SYLVIA HENDERSON

Programs all start with a conversation...

- 💡 Your One-Page Plan® blueprint for idea implementation & accountability
- 💡 VIP Strategy Session for getting things done – 1:1 with Sylvia
- 💡 Idea MindTeam® group advisory councils for individuals & organizational teams

Book, eBook & Kindle:

Hey, That's My Idea!

ISBN 978-1942688259

Webcast: IdeaSuccess.TV



Much more at www.SylviaHenderson.com!

Connect. Download. Use.

Read my story of the idea that got away!

Name: _____

E-Mail: _____

Primary Phone: _____

Mobile? _____

Physical Mailing Address: _____

Note: _____



**I ♥ MY IDEA JOURNAL
so much that I want
you to have one too.**

Order @
sylviahenderson.com/contact
Code: refvalu5



IDEA INSIGHT:

Capture each of
your core ideas
using separate
"My Idea Journals".

Individual and bulk
orders available
from
Sylvia Henderson
on site at events,
programs, and from
the website.

© Sylvia Henderson. All rights reserved.
www.SylviaHenderson.com
SylviaHenderson.com/contact

\$5.00