


RECLAIM YOUR AIM

HEAD START GUIDE

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WELCOME

THANK YOU for purchasing Reclaim Your AIM (RYA). Follow us on Instagram for the latest resources and updates. The RYA movement is growing fast, and we're excited to share upcoming companion resources with you. Be sure to stay connected.



This HEAD START GUIDE
sets you up for success
when it is time to
complete the
assessments, exercises,
and training in RYA.

GOAL

Complete the RYA HEAD START GUIDE before you begin experiencing what's inside Reclaim Your AIM.

THE PLAN

READ

Read the Preparing Wisely section

READ

Read the Head Start Preview

COMPLETE

Complete the Head Start Steps

THE BIG PROBLEM

You buy Self-Help and...

- 1 It doesn't work when real-life pressure shows up
- 2 It works temporarily but doesn't last
- 3 It leaves you aimlessly searching for more self-help

THE SOLUTION

Complete the HEAD START GUIDE. Don't skip it! Then complete Reclaim Your AIM and do the training at the back of the book.

While RYA might seem similar to self-help, it's fundamentally different. RYA invites you to step back from yourself and turn to God, Scripture, and Christian community for growth, change, and living on purpose.

PREPARING WISELY

Once upon a time in a bustling village, there lived two sisters, Mary and Martha. Both had their own gardens and were preparing for the planting season.

Martha, filled with anxiety, began her work. She rushed to start without planning. She worked tirelessly, but her worry made her careless. She focused excessively on each detail, overlooking the more important needs of her garden. In her pursuit of flawlessness, Martha forgot to appreciate the process and recognize her progress. Despite her hard work, she felt unfulfilled and disappointed.

Mary, on the other hand, began her preparations with a calm heart. She trusted in God's timing and took each step thoughtfully. She woke up early, planned her tasks, and gardened steadily, appreciating the beauty of each day. Her peaceful approach allowed her to notice the small things that made a big difference, like the quality of the soil, the health of her seeds, and the pruning needs of her plants.

MARTHA'S GARDEN



Mary graciously smiled and replied, "I have no gardening secrets. I simply started early, but I did so with peace in my heart, trusting in God's plan for my garden. Fear or perfection may push us to rush, but peace guides us to work with wisdom."

MARY'S GARDEN



And so, the village learned the value of starting from a place of peace, knowing that with faith and trust in God, their efforts would be blessed.

"I have come that they may have life, and have it to the full."
John 10:10

Proper preparation helps you welcome new beginnings with faith, hope, and love. Walking with Jesus fills every new start with divine purpose. While fear and perfection might cause you hurry or worry, PEACE guides you to work with intention, patience, and wisdom.

HEAD START STEPS

The Head Start Steps are divided into two sections to guide you in making the most of Reclaim Your AIM. Section 1 helps you lay the groundwork before the book arrives. Section 2 prepares you to fully engage with the book once it's in your hands.

SECTION 1

1

Set Aside Time

2

Pick Your Environment

3

Solve for Disruptions and Distractions

4

Answer RYA Questions

5

Establish Values Clarity

SECTION 2

1

Gather Supplies

2

Prepare Your Environment

3

Set Up Disruption Solutions



1 SECTION

1 SET ASIDE TIME

Open your calendar and block out a morning or an afternoon in which you plan to read and complete Reclaim Your AIM. Three hours is generally sufficient.

Since the teaching and training is self-paced, feel free to plan in a way that works best for your schedule.



complete
RYA

2 PICK YOUR ENVIRONMENT

Locate to a quiet place where you can focus easily.

Suggestions:

A room with a comfortable chair and table.

A desk and chair next to a window with warm light.

A picnic table in a park.



A back porch, patio, or balcony with a table and chair.

A parked car in a quiet location.
Some find this an ideal environment.

Focus music if preferred. 10

3 PLAN FOR DISRUPTIONS AND DISTRACTIONS

Think about what might interfere with your RYA experience. Decide now how you'll handle them. Here are some helpful ways to overcome common ones. Circle those that apply to you. Add others in the blank spaces provided

Disruption/Distracton

Solution

Smartphone notification	Mute notifications
Emergency	Respond appropriately and reschedule your RYA time if necessary
Family Members	Communicate your RYA plan with them, respectfully request uninterrupted time, and let them know you will be available immediately afterwards
Coworker/Visitor	Kindly let them know you are in the middle of completing an important assignment and you will connect later
Hungry and Thirsty	Keep snacks and water on hand
Chilly or Too Warm	Keep a sweater or Fan near by
Bathroom Break	Make it a pit-stop, not a scroll-a-thon
Pets	Respond compassionately or delegate care
Losing Track of Time	Use a digital timer
Need More Time	Schedule an additional time-block
Noise	Wear noise-canceling headphones, play soft music, move to your secondary location

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Make sure your environment is tidy ahead of time

Set a timer for 5 minutes and relocate all clutter in your environment to a corner, a basket or a box; move on; YOU matter more than tidying at the moment.

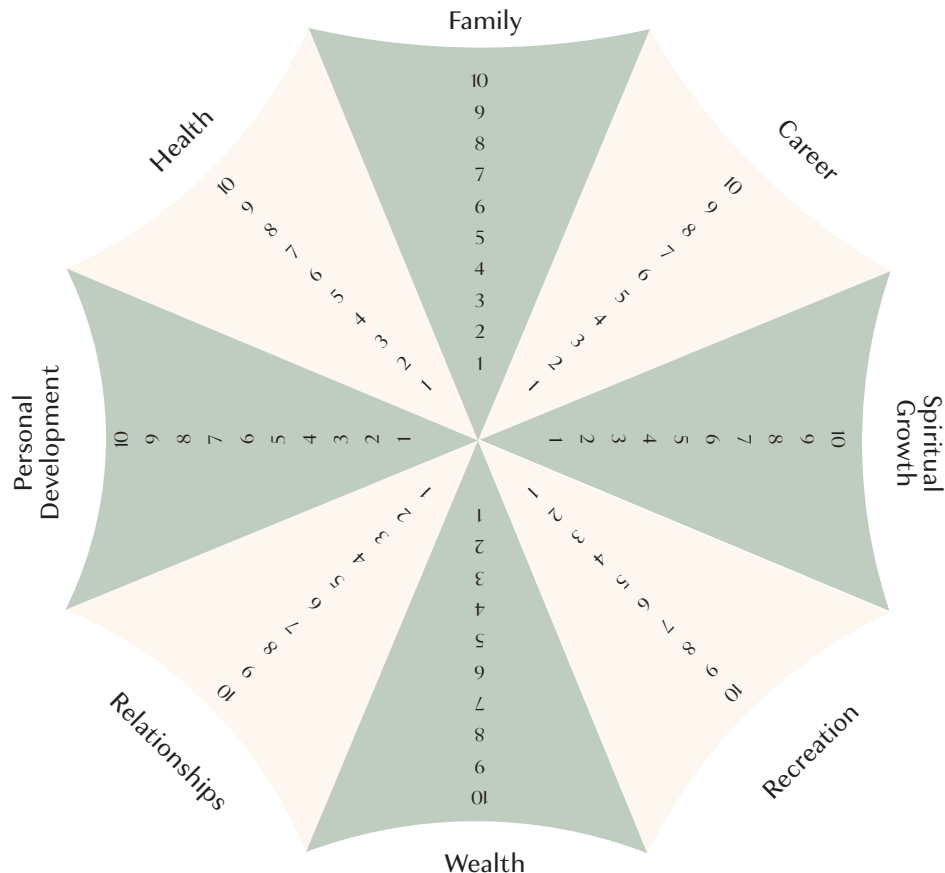
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RYA QUESTIONS

Answer the following RYA Questions. Journal your answers. Don't worry about writing complete sentences. Jotting down words and phrases is recommended. This will keep your thoughts flowing.

1

Think about the values that shape your daily choices and decisions. Be curious. Imagine video-taping a typical week in your life. What values would an objective observer notice if they watched the re-play with you?



2

Examine the Umbrella of Life. Look at each category carefully. In what areas are you feeling aimless and why? Jot down any thoughts that come to mind first.

3

In what areas do you feel inspired to serve others, to build them up, and to do so with greater purpose and frequency? Jot down any thoughts that come to mind.

5

VALUES CLARITY

Values can mean many things. Christian values are character traits from the Bible that inspire moral excellence and virtuous living. They help us lead and love like Jesus. These values guide us to appreciate people and resources as gifts and blessings. Remember, the values you hold inside shape what you value outside.

Worldly Value

Material Wealth

Accumulating financial wealth and material possessions.

Pride

Self-promotion rooted in pride.

Indulgence

Pursuing pleasure and indulgence.

Self-Interest

Prioritizing personal gain and self-interest.

Temporal Focus

Focusing on nonspiritual concerns and seeking immediate gratification.

Biblical Value

Spiritual Wealth

Spiritual wealth and storing treasures in heaven which results in the greatest provision. (Matthew 6:19-21).

Humility

Selfless humility and sacrificial love (Proverbs 16:18; Philippians 2:3-4)

Self-Control

Self-control and living according to God's will which results in the greatest pleasure (1 John 2:15-17)

Love and Compassion

Prioritizing love for God and others; looking for the lost and building them up (Matthew 22:37-39)

Eternal Perspective

Focusing on eternal concerns and spiritual growth (2 Corinthians 4:18)

Reexamine the RYA QUESTIONS and write down any additional thoughts you have.

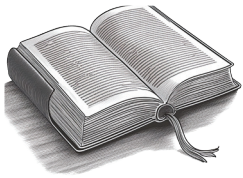


2 SECTION

1

GATHER SUPPLIES

You have your book. You are excited to start. There are just a few more things you need to do before sitting down to begin the RYA experience. First, you need to gather your supplies. Reference the list below for everything you will need.



Bible: Your ultimate source of wisdom and guidance.



Colored Pens: Bring your vision to life in color. These pens will help you highlight important insights, underline key passages, and make your notes stand out.

Pencil: For jotting down thoughts, ideas, and reflections. Use it to draft your mission and vision statements, knowing you can always modify and refine them.



Index Cards/Sticky Notes (50 Count): You will use these for the core value assessment and to write down key takeaways. These notes will help you stay organized and focused. Use them to mark significant pages in your Bible, jot down quick thoughts, or capture inspirational messages for yourself.



Safe-Keeping Box: Any small non-see-through container will do, like a shoe box, for storing distracting thoughts and ideas. For example, you suddenly remember a call you need to make or an item to add to your grocery list. When this happens, write it on an index card, drop it in the box, and move on with ease.



If needed



Just in case

Place a check mark next to each item AFTER you have gathered it.

2

PREPARE YOUR ENVIRONMENT

Now that you have collected your supplies, it is time to set up your environment. Use the following sheet to help you prepare your space so that you can seamlessly work through RYA with little to no disruption or distraction.

1

Write your first choice location and backup location here:

2

Prep your environment with all the necessary items. Write any disruption or distraction items below so you remember to grab them.
Example: Cup of coffee, water, sweater, blanket, speaker for music, etc.

Bible

Colored Pens/Highlighter

Pencil/Pen

Index Cards/Sticky Notes

Safe-Keeping Box

Reading Glasses

Tissues

3

SET UP DISRUPTION SOLUTIONS

With the supplies gathered and space set, the last step before you sit down is doing one final check for disruptions and making sure their solutions are in place.

DID YOU:

Put your phone on Do Not Disturb?

If you need, give the necessary contacts the ability to bypass this setting.

Communicate with people in close proximity that you are needing some uninterrupted time?

This can be family members, roommates, or people around a shared space.

Get a timer?

Your phone can work, as long as it functions only as a timer.

Set up music?

Turn on a chill playlist, some relaxing music, instrumentals, or whatever helps you focus.

Tidy the space?

Is your environment free from excessive physical distractions?

Congratulations!
You've completed the HEAD START GUIDE.
You are now well prepared for your RYA experience.

Want to print pages to write on but not the whole guide?
Print the following page numbers: 11, 12, 13, 17, & 18