

RAARR is Roles, Aspirations, Actions, Reflections, Rewards

What

What: A method for organizing one's life so that one lives in the best way possible. This method was developed by Dr. Josh Werner.

Visualization

Josh's sketch from many years ago:



A Getty Image showing a similar idea.



The things you most want, your aspirations, are guarded by a hydra. If you chop one head off, two more emerge. The hydra symbolizes the complexity of life.

RAARR gives you a way to get past the hydra and make your aspirations come true. Think of RAARR (R-DoubleA-DoubleR) as your battle cry.

Each of us is the hero in our own story. We confront the hydra which is the chaos of life. The hydra is the natural opposition that lies between us and our aspirations. We strive mightily against it, but more and valiant efforts are not the way to win, for with every head that is cut off, two more take its place. The present hero that cannot defeat the hydra needs to grow into the future hero that can. This often happens in three ways or a combination, 1) Finding hidden wisdom or knowledge, 2) additional tools or tech, or 3) growth (hero improves capacity). The hydra is the ordeal that stands in your way beyond which is the treasure. In every story, there is an element of sacrifice for the hero required to overcome, and a test so severe that it requires the upmost of the hero. Therefore, the hero's battle cry is "RAARR" the thing on their lips that leads them into victory in the battle of life, to overcome chaos and achieve their aspirations. It is the hidden knowledge (RAARR), the tool (obsidian and the complexity problem and COG), and leads to growth (you improve your capacity by using). Thus, the individual succeeds in their ageless hero quest of conquering and achievement of their highest aspiration (treasure).

We help the hero hope and win...

How about RAARR helps the hero hope and win ...

Why

Best life possible. Clarity. Simplicity. Motivation. Action. Results. Rewards. It works. Zero cost. No magic. No charismatic motivational people needed. You can start today. Eliminates busy work. Always have a game plan, way to proceed. Plan of attack. Hope.

Best Name?

What is the best name for RAARR as measured by:

1. Captures the main purpose.
2. Appeals to many people; desirable; not off putting.
3. Easy to remember.
4. Easy to say.
5. Unique. Googles right up.

How to Apply RAARR?

Each day, first thing in the morning, do the following in a just a few minutes:

- Roles. Write down your key roles.
- Aspirations. For each role, write down your aspirations.
- Action. For each role, write down the actions that you will take today that will best make your aspirations come true.

During the day as you complete actions, do the following

- Maintain balance between your key roles. Note this balance is typically achieved on a weekly basis, not daily.
- Document your work as you go.
- Monitor your actions and keep them aligned with your best practices.
- Monitor your self and make sure you are getting many rewards

At the end of the day, or first thing things in the morning, do the following:

- Reflections. Think back on your day and write down answers to the following questions:
 - What actions were the most effective? Why?
 - What concerns did you have? What specific actions can you take today that will make these concerns go bye bye?
 - What new ideas help you make your aspirations turn into realities?
- Rewards. Think back on your day and write down answers to the following questions:
 - To what degree did pursuing your aspirations give you rewards?
 - Are you continually getting emotional rewards? How can you improve this?
 - Are you continually accomplishing things things that you can brag about? How can you improve this?

Every week do the same process with week long time scale.

Don's Summary

Roles: A part played by an actor. A major area of life. Examples: Self Manager, Spouse, Father, College Teacher, Researcher, Entrepreneur. House Manager, Caretaker, Architect, Quilter, Adventurer.

Aspiration: A condition that is longed for so strongly that it compels you to take actions. What you are most motivated to do.

Actions: Things done or to be done to make aspirations come true.

Reflections: Figuring out actions and ideas that make today better than the day before; that is reflections causes growth.

Rewards: Getting something that is highly desirable: feels good or is a brag worthy accomplishment.

Groups and Individuals

RAARR can be applied by a group or by an individual.

For a group:

Roles: What are the key things our group needs to accomplish?

Aspirations: What are we most motivated to do?

Actions: What things can we do that will make our aspirations come true?

Reflections: What things that we do that well make tomorrow as good as or better than today?

Rewards: Did making aspirations come true cause us to get the rewards we anticipated?