BREATH AWAKENS · FROM THOUGHT TO FORM

Intake & Readiness.

The seed, examined and tested, before the planning begins.

Name

Email and phone

Date

HOW TO USE THIS FORM

Before Week Zero.

This form accompanies your Welcome Kit. Complete it on your own, after a few rounds of the Breath Anchor, before the first working session. It does two things: it tells the facilitator who is arriving, and it walks you through examining your idea and testing whether it is ready to be built. Answer from I, in the present tense, specific over impressive. A vague answer here becomes a vague plan later.

PLEASE RETURN THIS BEFORE SESSION ONE

Complete this form and send it to your facilitator by _____, the day before our first session. Arriving with your idea already examined is how we begin the first session already on the same page.

WATCH BEFORE YOU BEGIN

Carol Dweck, The Power of Believing That You Can Improve (TEDxNorrköping, about 10 min), the first of the eight talks. Hold the readiness test below in her spirit: "not yet" is a stage, not a verdict. www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve

AN HONEST NOTE

This is a venture-building program, not therapy. Share only what serves the work of building your idea. What you write here is held in confidence and used only to prepare your place in the journey.

PART ONE

About You and the Idea.

In one sentence: what is the idea you are bringing?

What is your background, in work and in life, that this idea grows from?

Why now? What has made this the moment to give it form?

What do you most hope to leave these four weeks holding?

PART TWO · THE IDEA FORMATION

Examine the Seed.

Work the three stages in order. This is the heart of Week Zero, done on paper first.

Stage One, the Impulse

What keeps returning to you? The idea that will not leave you alone.

How long has it been present?

What have you done with it so far, and what has stopped it from being named clearly?

Stage Two, the Observation

The specific thing you have noticed in the world, the problem or the gap.

Who actually experiences this problem? Name real people or a real group.

Why do existing solutions fall short, and what is your personal connection to this?

Stage Three, the Form

Complete the sentence: I am creating a _____ that helps _____ to _____.

What can you deliver today, in some minimum form, without anything new?

What is this idea NOT? Name what it is not, to sharpen what it is.

The working title.

PART THREE · THE READINESS TEST

Is the Idea Ready to Be Built?

Answer honestly. This gate is information, not judgment. A "not yet" is accurate and useful, never a failure.

Question	Yes	Not yet
1. Can you describe the problem in one specific sentence?		
2. Can you name three real people who have this problem right now?		
3. Can you deliver a minimum version within thirty days?		
4. Are you willing to be wrong about this idea?		

Reading Your Answers

- **Yes to all four.** The idea is formed enough to build a plan around. You are ready for Week One.
- **Yes to two or three.** Spend a little more time in observation. Have one or two listening conversations, not pitches, then answer again.
- **Yes to one or none.** The idea is still forming. That is accurate information, not a closed door. Sit with the impulse and return when it has taken more shape.

PART FOUR · THE COMMITMENTS

What You Are Saying Yes To.

The journey works because everyone in the room has made the same commitments. Initial each.

Initial	Commitment
	I will attend all four live sessions, present and on time.
	I will complete each week's exercises between sessions. The work between is where the form takes shape.
	I will hold what is shared in the room in confidence.
	I understand this is a venture-building program, not therapy, and I will seek appropriate outside support for anything beyond that scope.
	I am willing to be wrong, to be witnessed, and to put my idea in front of real people.

Signature

Date

Facilitator use: review each intake before Week Zero. Anyone answering "not yet" to the readiness test is welcomed into a short observation lane (one or two listening conversations, then a re-test) before joining the planning, so the gate never becomes an exclusion at the door.