

Name: \_\_\_\_\_



## Your Idea Sprint 4D Phase Quiz

### Dream. Design. Do. Deliver.

Which phase are you in?

**Your Idea Sprint Membership** is like speed dating for your dreams. It helps you flirt with possibilities, test the chemistry, and only move forward with ideas that **actually click**.

Offering facilitation that bridges the gap between dream and direction, idea sprints – whether private or in a group experience – help you get clear and confident about where and when your resources are best spent so you can align time + energy with what matters most.

**(Rem)ember:** *Clarity Before Coaching; Direction Before Strategy.*

We don't believe in one-size-fits-all. Therefore, we'll help you uncover your natural strengths such as how you think, take action, and bring ideas to life—so you can build your dream in the way that works best for you.

This quiz helps us do that – determining whether you're in the dreaming, designing, doing or delivery phase of your ideation while also ensuring your onboarding process feels personal vs. generic.

Also, you might think you know which phase you're in but clarity comes from digging deeper, and it often shifts everything, so just to be sure, let's get started!

#### 1. When it comes to your idea...

- A) I have a ton of thoughts but haven't picked one to pursue. (*Dreaming*)
- B) I've chosen my idea and I'm planning out how it could work. (*Designing*)
- C) I'm actively working on it—writing, building, creating. (*Doing*)
- D) It's ready (or almost ready) to launch or share with others. (*Delivery*)

#### 2. How clear are you on what your idea is?

- A) Not clear at all—there are a few directions I could go. (*Dreaming*)
- B) I'm narrowing it down and figuring out the structure. (*Designing*)
- C) Very clear—I'm in the middle of working on it. (*Doing*)
- D) Super clear—I've built it and just need to share or scale it. (*Delivery*)

### 3. Which of these feels most like your current focus?

- A) Finding inspiration, brainstorming, exploring what excites me. (*Dreaming*)
- B) Making plans, researching, outlining how things will work. (*Designing*)
- C) Taking action—building the thing, making decisions, showing up. (*Doing*)
- D) Launching, promoting, or delivering what I've built. (*Delivery*)

### 4. How do you feel about taking action on your idea right now?

- A) I'm not ready yet—I'm still figuring out what I want to do. (*Dreaming*)
- B) I'm almost ready—I need a solid plan first. (*Designing*)
- C) I've started! I'm already doing the thing. (*Doing*)
- D) I've done the thing—I'm focused on getting it out to others. (*Delivery*)

### 5. If someone asked about your idea today, you would say:

- A) "I'm still thinking about it, but I've got some cool possibilities!" (*Dreaming*)
- B) "I've picked an idea and I'm working on the plan." (*Designing*)
- C) "I'm building it now—stay tuned!" (*Doing*)
- D) "It's happening! I'm launching or delivering it." (*Delivery*)

**After reviewing those questions, what phase do you find yourself in?**

**Spoiler Alert:** It's perfectly normal to feel like you're in more than one!

Once we identify whether you're in the **Dreaming, Designing, Doing, or Delivery** phase, that insight helps us place you into the most aligned entry point of *Your Idea Sprint* Journey, allowing you to be all set for a quality experience!

To give you a helping hand, on the following page, you'll find descriptions of each phase.

## DREAMING PHASE

### **You're full of ideas, possibilities, and what-ifs—and that's a powerful place to be!**

You're exploring what lights you up, noticing patterns in your passions, and letting your imagination stretch. This phase is all about giving yourself permission to dream without limits. You don't need all the answers right now—you just need space, curiosity, and a bit of structure to guide the sparks into a focused flame!

## DESIGNING PHASE

### **You've chosen your idea—now you're ready to shape it!**

This is the map-making moment. You're sketching out the who, what, how, and why of your idea, exploring how it could work in the real world. This phase is about turning inspiration into intention and crafting a clear path forward. With the right tools and a bit of structure, your idea will go from fuzzy to focused.

## DOING PHASE

### **You're in the thick of it—turning your idea into something real!**

You've moved past the planning stage and you're making it happen. Whether you're building a prototype, writing content, designing services, or creating your offer, you're showing up and doing the work. This phase is about focus, feedback, and following through.

## DELIVERY PHASE

### **You're ready (or nearly ready) to share your idea with the world!**

Your offer, product, or service is built—or close to it—and now it's time to launch, promote, deliver, or grow. This is where your idea starts resonating with real people. Whether you're prepping for a soft launch or scaling something that already exists, this phase is all about reach, resonance, and refinement