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THE TRANSFORMATIONAL LIFE COACHING EXPERIENCE

**52-WEEK STEP-BY-STEP
FILL-IN-THE-BLANK WORKBOOK**

Aligned to the 52-Week Documentary Mini-Tutorial Series and built to move you from story to identity, emotional regulation, physical behavior, alignment, goals, implementation, voice, method, contribution, and legacy.

See it. Understand it. Do it.

Practice it. Prove it. Become it.

TRANSFORM YOUR MIND. STRENGTHEN YOUR IDENTITY. CHANGE YOUR LIFE.

WELCOME TO THE EXPERIENCE

This workbook follows the same 52-week sequence as the Transformational Life Coaching Experience documentary mini-tutorial series. You are not watching somebody else's transformation. You are the subject, the student, and the evidence. Each week asks you to see a pattern, understand what it means, do something different in real life, and collect proof that change is becoming visible.

SEE IT

Notice the story, pattern, behavior, belief, or situation clearly enough to work with it.

UNDERSTAND IT

Slow the experience down, separate the pieces, and identify what the evidence is actually showing you.

DO IT

Complete the weekly mission in ordinary life. The lesson becomes transformation when it changes what you do.

PROVE IT

Capture the proof. Your Evidence Vault becomes a year-long record of who you are becoming.

THE WORKBOOK RULE

Do not rush through the pages just to finish a week. Complete the writing, practice the skill, do the mission, and capture the proof. At the end of every week, finish the sentence: **Because I practiced this, I now know _____.**

SAFETY AND SCOPE

This is educational personal-development coaching, not therapy or medical treatment. You do not need to disclose traumatic details. Health, mental-health, nutrition, exercise, sleep, abuse, or safety concerns that require licensed expertise should be handled with appropriate professional support.

THE 52-WEEK TRANSFORMATION ARC

MOVEMENT 1 | WEEKS 1-13

STORY -> IDENTITY -> SELF-IMAGE -> NEW LIFE SCRIPT

Begin with the Transformational Story Method. Identify the defining stories, hear the voices inside them, separate facts from feelings and meaning, find the pattern, clarify who you are, write your Identity and I AM Statements, then examine the self-image and mental maps that keep the old life script in place.

MOVEMENT 2 | WEEKS 14-20

EMOTIONS -> TRIGGERS -> COURAGE -> RESILIENCE

Once the new life script meets real life, emotions show you where the old pattern still activates. Learn to pause, reframe meaning, interrupt fear, build courage progressively, and return after setbacks.

MOVEMENT 3 | WEEKS 21-26

BODY -> RECOVERY -> MOVEMENT -> ENVIRONMENT

Bring the transformation into the body. Build sustainable physical routines, recovery, movement, presence, and environments that quietly support the person you are becoming.

MOVEMENT 4 | WEEKS 27-32

ALIGNMENT -> VALUES -> PURPOSE -> IT FACTOR

Move from what surrounds you to what centers you. Create stillness, discern what matters, turn values into behavior, identify purpose clues, and recognize the qualities that make your contribution uniquely yours.

MOVEMENT 5 | WEEKS 33-45

OUTCOME -> GOAL -> RAPS -> ACTION -> HABITS -> RELATIONSHIPS

Give the new identity direction. Define outcomes, create the goal, test it through RAPS, reverse engineer the future, focus, rehearse, prime, implement, build habits, use feedback, practice accountability, and communicate boundaries.

MOVEMENT 6 | WEEKS 46-50

VOICE -> MESSAGE -> EXPERIENCE -> METHOD

Your transformation becomes audible and teachable. Find your natural voice, strengthen vocal intention, turn a story into a useful message, create an experience, and organize what you know into a repeatable method.

MOVEMENT 7 | WEEKS 51-52

CONTRIBUTION -> LEGACY

Use what changed in you to serve beyond you. Convert transformation into contribution, review the evidence of the year, and build the next 90 days around the legacy you are choosing to live.

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WEEK 1 | STORY & IDENTITY

The Transformational Story Method: The Six Stories Already Hiding Inside Your Life

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to identify six defining moments - three difficult and three positive - and use them as clues to the beliefs, strengths, lessons, and patterns shaping your life.

WHY THIS WEEK COMES NEXT

Your transformation begins with your story. Before you can change the life you are living, you need to see the experiences, meanings, and patterns that helped shape the person living it.

INTERACTIVE BUILD: The Six-Story Map**BADGE:** Story Hunter

SEE IT - STEP 1

Write three difficult defining moments you can safely reflect on.

UNDERSTAND IT - STEP 2

Write three positive defining moments that reveal strength, support, courage, success, or aliveness.

UNDERSTAND IT - STEP 3

Under each moment, write one word that captures what the moment seemed to be about.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 1 | DO IT, PROVE IT, CARRY IT FORWARD

The Six-Story Map

DO IT - REAL-WORLD MISSION

Choose one story and write five short answers: who was talking, what was said or happening, how you felt, what you learned, and how that lesson could help somebody else.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Save the Six-Story Map and record a 60-second reflection: Which story still feels most connected to the person I am today, and why?

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Next we are going to listen for the voices inside those stories and find out which ones may still be talking in your head.

WEEK 2 | STORY & IDENTITY

Who Has Been Doing The Talking?

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how old messages from parents, teachers, relationships, authority figures, culture, and repeated self-talk can become automatic inner dialogue - and how to separate a familiar voice from your present-day choice.

WHY THIS WEEK COMES NEXT

Next we are going to listen for the voices inside those stories and find out which ones may still be talking in your head.

INTERACTIVE BUILD: The Voice Inventory**BADGE:** Voice Detective

SEE IT - STEP 1

Write one sentence you often hear in your head when you feel uncertain.

UNDERSTAND IT - STEP 2

Write where you first remember hearing or learning that message.

UNDERSTAND IT - STEP 3

Write a present-day statement that is more accurate, useful, and supported by evidence.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 2 | DO IT, PROVE IT, CARRY IT FORWARD

The Voice Inventory

DO IT - REAL-WORLD MISSION

Catch the old sentence three times this week. Each time, write the situation, the old line, your chosen line, and what you did next.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit one completed Voice Inventory entry and one example of a different action you took after changing the sentence.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Once you can hear the voices, the next question is what happened in the moments that taught those voices what to say.

WEEK 3 | STORY & IDENTITY

Facts, Feelings, And Meaning

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to separate what actually happened from what you felt and what you decided the experience meant about you.

WHY THIS WEEK COMES NEXT

Once you can hear the voices, the next question is what happened in the moments that taught those voices what to say.

INTERACTIVE BUILD: The Three-Layer Story Page**BADGE:** Story Analyst

SEE IT - STEP 1

Choose one defining moment. Under facts, write only what a camera could have recorded.

UNDERSTAND IT - STEP 2

Under feelings, name what you felt then without judging it.

UNDERSTAND IT - STEP 3

Under meaning, write what you decided the event meant about you, other people, or life.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 3 | DO IT, PROVE IT, CARRY IT FORWARD

The Three-Layer Story Page

DO IT - REAL-WORLD MISSION

Use the three-layer page on one ordinary event this week, not only an old memory.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Upload or type your three-layer page and one sentence describing what changed when you separated the layers.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Next we will examine the meaning itself and ask whether an old conclusion still deserves authority in your present life.

WEEK 4 | STORY & IDENTITY

What Did You Decide It Meant?

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to identify the conclusion attached to an experience and test whether that conclusion still fits the facts of your life today.

WHY THIS WEEK COMES NEXT

Next we will examine the meaning itself and ask whether an old conclusion still deserves authority in your present life.

INTERACTIVE BUILD: Meaning Check**BADGE:** Meaning Maker

SEE IT - STEP 1

Write the old conclusion in one sentence: because that happened, i decided ____.

UNDERSTAND IT - STEP 2

List three pieces of present- day evidence that support, challenge, or complicate that conclusion.

UNDERSTAND IT - STEP 3

Write a more accurate working meaning that leaves room for growth and responsibility.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 4 | DO IT, PROVE IT, CARRY IT FORWARD

Meaning Check

DO IT - REAL-WORLD MISSION

When the old meaning appears this week, say or write the updated meaning and take one small action consistent with it.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Log the old meaning, updated meaning, and one action that matched the update.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

A single meaning matters, but repeated meanings create patterns. Next week we look across your life to find what keeps repeating.

WEEK 5 | STORY & IDENTITY

Finding The Pattern

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to compare several stories and spot repeating beliefs, emotions, behaviors, strengths, problems, and lessons.

WHY THIS WEEK COMES NEXT

A single meaning matters, but repeated meanings create patterns. Next week we look across your life to find what keeps repeating.

INTERACTIVE BUILD: The Pattern Grid**BADGE:** Pattern Finder

SEE IT - STEP 1

Place your six defining moments in six rows.

UNDERSTAND IT - STEP 2

For each, note the belief, emotion, behavior, strength, and lesson.

UNDERSTAND IT - STEP 3

Circle anything that repeats two or more times.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 5 | DO IT, PROVE IT, CARRY IT FORWARD

The Pattern Grid

DO IT - REAL-WORLD MISSION

Watch for one pattern during the week and log where it appears in ordinary life.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit your top repeating pattern and one current-life example of it.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Next we move underneath the pattern and ask a deeper question: Who are you at the core when you stop describing yourself only by what happened to you?

WEEK 6 | STORY & IDENTITY

Who Are You At The Core?

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to distinguish your core qualities, values, and recurring strengths from roles, labels, mistakes, and temporary circumstances.

WHY THIS WEEK COMES NEXT

Next we move underneath the pattern and ask a deeper question: Who are you at the core when you stop describing yourself only by what happened to you?

INTERACTIVE BUILD: The Core Qualities Audit**BADGE:** Core Finder

SEE IT - STEP 1

Write five qualities that appear in your positive stories.

UNDERSTAND IT - STEP 2

Ask which qualities also helped you survive or learn from difficult stories.

UNDERSTAND IT - STEP 3

Choose three qualities you want to practice more deliberately.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 6 | DO IT, PROVE IT, CARRY IT FORWARD

The Core Qualities Audit

DO IT - REAL-WORLD MISSION

Prove one chosen quality through one observable behavior every day for three days.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Log the quality and the three behaviors that served as evidence.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Next week we put language around that identity so you can stop describing yourself vaguely and start defining who you are with intention.

WEEK 7 | STORY & IDENTITY

The Identity Statement

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to write a clear Identity Statement that connects who you are, what you understand, and the kind of problem you are equipped to help solve.

WHY THIS WEEK COMES NEXT

Next week we put language around that identity so you can stop describing yourself vaguely and start defining who you are with intention.

INTERACTIVE BUILD: Identity Statement Builder**BADGE:** Identity Builder

SEE IT - STEP 1

Write: i help ____.

UNDERSTAND IT - STEP 2

Add: who struggle with ____.

UNDERSTAND IT - STEP 3

Finish: to ____ so they can _____. then simplify until the sentence sounds natural when spoken.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 7 | DO IT, PROVE IT, CARRY IT FORWARD

Identity Statement Builder

DO IT - REAL-WORLD MISSION

Say your Identity Statement out loud to three people or record it three times. Notice where the language feels false, vague, or alive.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit your revised Identity Statement and one sentence about what you changed after saying it aloud.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Next we move from describing the work you do to declaring the person you are choosing to practice being.

WEEK 8 | STORY & IDENTITY

The I AM Statement

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to create an I AM Statement that describes the identity you are choosing and connect it to behaviors that can prove it.

WHY THIS WEEK COMES NEXT

Next we move from describing the work you do to declaring the person you are choosing to practice being.

INTERACTIVE BUILD: I AM to Evidence**BADGE:** Identity in Action

SEE IT - STEP 1

Complete: i am a person who ____.

UNDERSTAND IT - STEP 2

List three behaviors that would make that sentence visible.

UNDERSTAND IT - STEP 3

Choose one behavior you can repeat this week.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 8 | DO IT, PROVE IT, CARRY IT FORWARD

I AM to Evidence

DO IT - REAL-WORLD MISSION

Repeat the chosen behavior at least three times and record what happened.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the I AM Statement plus three pieces of behavioral evidence.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Next week we look at the internal picture that can quietly pull behavior back toward the old version of you.

WEEK 9 | STORY & IDENTITY

Your Self-Image Is Running The Show

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how your internal picture of yourself influences what feels normal, possible, safe, or believable - and how to update that picture through evidence.

WHY THIS WEEK COMES NEXT

Next week we look at the internal picture that can quietly pull behavior back toward the old version of you.

INTERACTIVE BUILD: The Self-Image Gap**BADGE:** Evidence Builder

SEE IT - STEP 1

Write how you currently describe yourself in one area you want to change.

UNDERSTAND IT - STEP 2

Write how the future version of you would describe themselves.

UNDERSTAND IT - STEP 3

List one small behavior that would provide evidence for the future description.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 9 | DO IT, PROVE IT, CARRY IT FORWARD

The Self-Image Gap

DO IT - REAL-WORLD MISSION

Perform the evidence behavior three times in a low-risk setting.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Log the old description, the new description, and the three attempts.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

When an old self-image takes over, it often protects something younger. Next we meet that protective pattern without letting it run the adult life.

WEEK 10 | STORY & IDENTITY

The Younger You Still In The Room

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to recognize when a younger protective response is being activated and let your adult self choose the present-day response.

WHY THIS WEEK COMES NEXT

When an old self-image takes over, it often protects something younger. Next we meet that protective pattern without letting it run the adult life.

INTERACTIVE BUILD: The Adult Leadership Page

BADGE: Adult Leader

SEE IT - STEP 1

Name one safe, ordinary trigger.

UNDERSTAND IT - STEP 2

Write what the younger protective part wants to do.

UNDERSTAND IT - STEP 3

Write what the adult you can do that protects your values and present reality.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 10 | DO IT, PROVE IT, CARRY IT FORWARD

The Adult Leadership Page

DO IT - REAL-WORLD MISSION

Use the Adult Leadership response during one ordinary trigger and record what changed.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the trigger, old response, adult response, and result. Use professional support for trauma or overwhelming material.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Protective responses live inside mental maps about what people, situations, and the future mean. Next week we inspect those maps.

WEEK 11 | STORY & IDENTITY

Your Mental Maps

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to identify the assumptions and predictions you use to navigate relationships, work, money, visibility, health behavior, and other parts of life.

WHY THIS WEEK COMES NEXT

Protective responses live inside mental maps about what people, situations, and the future mean. Next week we inspect those maps.

INTERACTIVE BUILD: The Map Audit**BADGE:** Map Reader

SEE IT - STEP 1

Choose one area of life.

UNDERSTAND IT - STEP 2

Finish: in this area i tend to assume ____.

UNDERSTAND IT - STEP 3

Finish: because i assume that, i usually ____.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 11 | DO IT, PROVE IT, CARRY IT FORWARD

The Map Audit

DO IT - REAL-WORLD MISSION

Catch the map once before it becomes behavior and write what the actual situation required instead.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit one old map, its usual behavior, and the alternative you tested.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Next week we redraw one map using present evidence instead of inherited or outdated assumptions.

WEEK 12 | STORY & IDENTITY

Rewrite The Map

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to replace one outdated mental map with a more accurate working map and test it in real life.

WHY THIS WEEK COMES NEXT

Next week we redraw one map using present evidence instead of inherited or outdated assumptions.

INTERACTIVE BUILD: The Map Rewrite**BADGE:** Map Maker

SEE IT - STEP 1

Write the old map.

UNDERSTAND IT - STEP 2

Write three facts the old map ignores.

UNDERSTAND IT - STEP 3

Write a new working map and one behavior that would test it.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 12 | DO IT, PROVE IT, CARRY IT FORWARD

The Map Rewrite

DO IT - REAL-WORLD MISSION

Run one real-life experiment based on the new map.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Log what you predicted, what you did, what actually happened, and what you learned.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Now that the map is changing, we need a script for how the new version of you actually lives an ordinary day.

WEEK 13 | STORY & IDENTITY

Write Your New Life Script

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to describe the ordinary behaviors, boundaries, routines, responses, and standards of the person you are becoming.

WHY THIS WEEK COMES NEXT

Now that the map is changing, we need a script for how the new version of you actually lives an ordinary day.

INTERACTIVE BUILD: The Ordinary Day Script**BADGE:** Script Writer

SEE IT - STEP 1

Write how you begin an ordinary morning.

UNDERSTAND IT - STEP 2

Write how you handle one predictable challenge.

UNDERSTAND IT - STEP 3

Write what you now accept, refuse, say, and do differently.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 13 | DO IT, PROVE IT, CARRY IT FORWARD

The Ordinary Day Script

DO IT - REAL-WORLD MISSION

Choose one scene from your new script and live it exactly once this week.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the scene and describe what happened when you lived it.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

A new script will meet real emotions. Next week we learn to recognize emotions as information without handing them the steering wheel.

WEEK 14 | EMOTIONAL MASTERY

Understanding Your Emotional World

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to name emotions more accurately, notice what they are signaling, and choose a response instead of reacting automatically.

WHY THIS WEEK COMES NEXT

A new script will meet real emotions. Next week we learn to recognize emotions as information without handing them the steering wheel.

INTERACTIVE BUILD: Name It Before You Act**BADGE:** Emotion Reader

SEE IT - STEP 1

Choose one recent emotional moment.

UNDERSTAND IT - STEP 2

Name the emotion as specifically as you can.

UNDERSTAND IT - STEP 3

Write what the emotion seemed to be signaling and what action would fit your values.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 14 | DO IT, PROVE IT, CARRY IT FORWARD

Name It Before You Act

DO IT - REAL-WORLD MISSION

Use the phrase I notice I am feeling ____ before one important response this week.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Log the emotion, signal, chosen response, and result.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Next week we go one layer deeper and study the trigger that activated the emotional response.

WEEK 15 | EMOTIONAL MASTERY

Triggers: What Is Really Being Activated?

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to map the sequence from trigger to interpretation to emotion to behavior so you can see where choice can enter.

WHY THIS WEEK COMES NEXT

Next week we go one layer deeper and study the trigger that activated the emotional response.

INTERACTIVE BUILD: The Trigger Chain**BADGE:** Trigger Tracker

SEE IT - STEP 1

Write the trigger.

UNDERSTAND IT - STEP 2

Write the immediate interpretation and emotion.

UNDERSTAND IT - STEP 3

Write the behavior that usually follows and one alternative response.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 15 | DO IT, PROVE IT, CARRY IT FORWARD

The Trigger Chain

DO IT - REAL-WORLD MISSION

Track one trigger chain in real time this week.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit one complete trigger chain and the point where you inserted a different choice.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Seeing the chain is one thing. Next week we practice how to slow it down before reaction takes over.

WEEK 16 | EMOTIONAL MASTERY

Regulate Before You React

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to create a short pause routine that helps you settle enough to choose your next response.

WHY THIS WEEK COMES NEXT

Seeing the chain is one thing. Next week we practice how to slow it down before reaction takes over.

INTERACTIVE BUILD: The 60-Second Reset**BADGE:** Response Leader

SEE IT - STEP 1

Stop and name what is happening.

UNDERSTAND IT - STEP 2

Use slow, comfortable breathing and relax unnecessary tension without forcing your body.

UNDERSTAND IT - STEP 3

Ask: what response will i respect ten minutes from now?.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 16 | DO IT, PROVE IT, CARRY IT FORWARD

The 60-Second Reset

DO IT - REAL-WORLD MISSION

Use the reset in one low-risk real-life situation.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Log the situation, what you noticed, the response you chose, and the outcome.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Once you can create a pause, you can work with the meaning creating the reaction. That is next.

WEEK 17 | EMOTIONAL MASTERY

Reframing The Meaning

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to generate more than one possible interpretation of a situation and choose the interpretation that best fits the evidence.

WHY THIS WEEK COMES NEXT

Once you can create a pause, you can work with the meaning creating the reaction. That is next.

INTERACTIVE BUILD: Three Possible Meanings**BADGE:** Reframe Builder

SEE IT - STEP 1

Write one upsetting situation.

UNDERSTAND IT - STEP 2

Write your first interpretation.

UNDERSTAND IT - STEP 3

Write two other plausible interpretations and identify what evidence would help you decide.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 17 | DO IT, PROVE IT, CARRY IT FORWARD

Three Possible Meanings

DO IT - REAL-WORLD MISSION

Use the three-meaning method before one conversation or decision.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the situation, three meanings, evidence, and chosen response.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Many first interpretations predict danger. Next week we study the fear loop and how avoidance can keep a prediction alive.

WEEK 18 | EMOTIONAL MASTERY

Breaking The Fear Loop

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how fear, prediction, avoidance, short-term relief, and reinforced fear can form a loop - and where small action can interrupt it.

WHY THIS WEEK COMES NEXT

Many first interpretations predict danger. Next week we study the fear loop and how avoidance can keep a prediction alive.

INTERACTIVE BUILD: The Fear Loop Map**BADGE:** Fear Investigator

SEE IT - STEP 1

Name one non- dangerous situation you avoid.

UNDERSTAND IT - STEP 2

Write what you predict will happen.

UNDERSTAND IT - STEP 3

Write the smallest safe action that would let you test the prediction.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 18 | DO IT, PROVE IT, CARRY IT FORWARD

The Fear Loop Map

DO IT - REAL-WORLD MISSION

Complete the smallest safe test once. Do not use this as self-treatment for trauma or clinical anxiety; use qualified support when needed.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Log the prediction, action, actual result, and what you learned.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

One safe action creates evidence. Next week we turn that idea into a Courage Ladder you can climb one rung at a time.

WEEK 19 | EMOTIONAL MASTERY

Building Your Courage Ladder

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to break one feared but worthwhile action into smaller, graduated steps so courage becomes practice rather than personality.

WHY THIS WEEK COMES NEXT

One safe action creates evidence. Next week we turn that idea into a Courage Ladder you can climb one rung at a time.

INTERACTIVE BUILD: The Courage Ladder**BADGE:** Courage Climber

SEE IT - STEP 1

Write the meaningful action at the top of the ladder.

UNDERSTAND IT - STEP 2

Create five rungs from easiest useful step to the full action.

UNDERSTAND IT - STEP 3

Circle the lowest rung that stretches you without overwhelming you.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 19 | DO IT, PROVE IT, CARRY IT FORWARD

The Courage Ladder

DO IT - REAL-WORLD MISSION

Complete the circled rung and repeat it if needed before moving up.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the ladder, completed rung, and what the experience taught you.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Progress is never perfectly smooth. Next week we build the skill that matters after a miss, setback, or bad day: coming back.

WEEK 20 | EMOTIONAL MASTERY

Resilience: Learning How To Come Back

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to recover after setbacks without turning one missed action into a story about who you are.

WHY THIS WEEK COMES NEXT

Progress is never perfectly smooth. Next week we build the skill that matters after a miss, setback, or bad day: coming back.

INTERACTIVE BUILD: The Comeback Plan**BADGE:** Comeback Builder

SEE IT - STEP 1

Name one pattern that usually collapses after a miss.

UNDERSTAND IT - STEP 2

Define the smallest restart action.

UNDERSTAND IT - STEP 3

Write the sentence you will use instead of all-or-nothing self-talk.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 20 | DO IT, PROVE IT, CARRY IT FORWARD

The Comeback Plan

DO IT - REAL-WORLD MISSION

Use the restart action the next time something interrupts your plan.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Log the disruption, restart, and how quickly you returned.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Your mind does not transform in isolation from your body. Next we bring physical behavior into the transformation.

WEEK 21 | BODY & ENVIRONMENT

Your Body Is Part Of Your Transformation

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to treat physical self-care as identity evidence instead of punishment, shame, or an extreme makeover.

WHY THIS WEEK COMES NEXT

Your mind does not transform in isolation from your body. Next we bring physical behavior into the transformation.

INTERACTIVE BUILD: The Physical Care Baseline**BADGE:** Body Steward

SEE IT - STEP 1

List current routines for sleep, movement, appointments, food planning, and recovery.

UNDERSTAND IT - STEP 2

Circle one area you can influence safely.

UNDERSTAND IT - STEP 3

Choose one minimum behavior you can sustain this week.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 21 | DO IT, PROVE IT, CARRY IT FORWARD

The Physical Care Baseline

DO IT - REAL-WORLD MISSION

Complete the minimum behavior three times. Follow qualified medical guidance for conditions, limitations, medication, nutrition, or exercise concerns.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Log the behavior and three completions.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

One of the most overlooked physical foundations is recovery. Next week we examine sleep and the routines surrounding it.

WEEK 22 | BODY & ENVIRONMENT

Sleep, Recovery, And Mental Performance

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to build a more consistent recovery routine by focusing on behaviors you can control around bedtime and wake time.

WHY THIS WEEK COMES NEXT

One of the most overlooked physical foundations is recovery. Next week we examine sleep and the routines surrounding it.

INTERACTIVE BUILD: The Recovery Routine**BADGE:** Recovery Builder

SEE IT - STEP 1

Record your current bedtime and wake pattern for three days.

UNDERSTAND IT - STEP 2

Choose one realistic consistency target or wind-down cue.

UNDERSTAND IT - STEP 3

Remove one avoidable barrier that keeps disrupting the routine.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 22 | DO IT, PROVE IT, CARRY IT FORWARD

The Recovery Routine

DO IT - REAL-WORLD MISSION

Practice the chosen recovery routine for three nights. Seek professional help for persistent sleep problems or medical concerns.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the routine and three-night check-in.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Recovery supports action. Next week we use movement as a practical way to reconnect intention with the body.

WEEK 23 | BODY & ENVIRONMENT

Move The Body, Change The State

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to use appropriate movement as a cue for energy, attention, and follow-through without turning exercise into punishment.

WHY THIS WEEK COMES NEXT

Recovery supports action. Next week we use movement as a practical way to reconnect intention with the body.

INTERACTIVE BUILD: The Movement Minimum**BADGE:** Movement Maker

SEE IT - STEP 1

Choose a safe form of movement you can do.

UNDERSTAND IT - STEP 2

Set a deliberately small minimum you can repeat.

UNDERSTAND IT - STEP 3

Decide when and where it will happen.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 23 | DO IT, PROVE IT, CARRY IT FORWARD

The Movement Minimum

DO IT - REAL-WORLD MISSION

Complete the movement minimum three times within your ability and professional guidance.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Log the three sessions and what you noticed before and after.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Next week we build from movement into capability, strength, energy, and physical confidence without chasing perfection.

WEEK 24 | BODY & ENVIRONMENT

Strength, Energy, And Physical Confidence

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to define physical confidence as capability and consistency rather than appearance alone.

WHY THIS WEEK COMES NEXT

Next week we build from movement into capability, strength, energy, and physical confidence without chasing perfection.

INTERACTIVE BUILD: Capability Scorecard**BADGE:** Capability Builder

SEE IT - STEP 1

Choose one physical capability that matters to your life.

UNDERSTAND IT - STEP 2

Define a safe, measurable practice behavior.

UNDERSTAND IT - STEP 3

Track effort and consistency rather than judging your body.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 24 | DO IT, PROVE IT, CARRY IT FORWARD

Capability Scorecard

DO IT - REAL-WORLD MISSION

Practice the capability according to your ability and qualified guidance.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the capability, practice plan, and one piece of evidence.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Physical presence is also communicated through how you breathe, stand, and enter a room. That is next.

WEEK 25 | BODY & ENVIRONMENT

Breath, Posture, And Presence

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to use comfortable breathing, posture, and attention to become more grounded and intentional before important moments.

WHY THIS WEEK COMES NEXT

Physical presence is also communicated through how you breathe, stand, and enter a room. That is next.

INTERACTIVE BUILD: The Presence Reset**BADGE:** Presence Builder

SEE IT - STEP 1

Stand or sit in a comfortable, supported position.

UNDERSTAND IT - STEP 2

Release unnecessary tension and allow an easy breath.

UNDERSTAND IT - STEP 3

Choose one intention for the next conversation: listen, clarify, serve, or lead.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 25 | DO IT, PROVE IT, CARRY IT FORWARD

The Presence Reset

DO IT - REAL-WORLD MISSION

Use the Presence Reset before three conversations or recordings.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Log the three moments and what changed in your delivery or attention.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Your body is influenced by the spaces around you. Next week we study how your environment trains behavior before willpower ever enters the room.

WEEK 26 | BODY & ENVIRONMENT

Your Environment Is Training You

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how physical and digital surroundings cue behavior, attention, distraction, and identity - and how to redesign one environment.

WHY THIS WEEK COMES NEXT

Your body is influenced by the spaces around you. Next week we study how your environment trains behavior before willpower ever enters the room.

INTERACTIVE BUILD: The Environment Audit**BADGE:** Environment Designer

SEE IT - STEP 1

Choose one room, workspace, phone screen, or digital environment.

UNDERSTAND IT - STEP 2

Mark what cues the behavior you want and what cues the behavior you do not want.

UNDERSTAND IT - STEP 3

Make one useful behavior easier and one unhelpful behavior harder.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 26 | DO IT, PROVE IT, CARRY IT FORWARD

The Environment Audit

DO IT - REAL-WORLD MISSION

Live with the redesigned environment for three days and notice what changes without extra motivation.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit before-and-after notes and one behavior that changed.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Now we move from what surrounds you to what centers you: meaning, purpose, values, and spiritual alignment.

WEEK 27 | ALIGNMENT & PURPOSE

The Spiritual Nature Of Transformation

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to explore purpose, connection, values, presence, and spiritual alignment in a practical way without forcing one belief system.

WHY THIS WEEK COMES NEXT

Now we move from what surrounds you to what centers you: meaning, purpose, values, and spiritual alignment.

INTERACTIVE BUILD: The Alignment Reflection**BADGE:** Alignment Seeker

SEE IT - STEP 1

Write when you feel most connected to purpose or something greater than ego.

UNDERSTAND IT - STEP 2

Write the qualities that become stronger in you during those moments.

UNDERSTAND IT - STEP 3

Choose one practice that helps you become more present and aligned.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 27 | DO IT, PROVE IT, CARRY IT FORWARD

The Alignment Reflection

DO IT - REAL-WORLD MISSION

Practice the chosen alignment habit three times this week.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the practice and one change you noticed in how you showed up.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

To hear what matters underneath the noise, you need space. Next week we practice stillness.

WEEK 28 | ALIGNMENT & PURPOSE

Learning To Become Still

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to create a brief practice of quiet reflection, prayer, meditation, contemplation, or undistracted awareness that fits your beliefs.

WHY THIS WEEK COMES NEXT

To hear what matters underneath the noise, you need space. Next week we practice stillness.

INTERACTIVE BUILD: The Five-Minute Stillness Practice

BADGE: Stillness Builder

SEE IT - STEP 1

Choose a quiet place and a five-minute window.

UNDERSTAND IT - STEP 2

Use prayer, reflection, breath awareness, or simple observation according to your beliefs.

UNDERSTAND IT - STEP 3

Afterward write one sentence: what did i notice?.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 28 | DO IT, PROVE IT, CARRY IT FORWARD

The Five-Minute Stillness Practice

DO IT - REAL-WORLD MISSION

Complete the five-minute practice on three days.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit three one-sentence observations.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Stillness can make inner signals easier to notice. Next week we learn how to distinguish intuition from impulse, fear, wishful thinking, and evidence.

WEEK 29 | ALIGNMENT & PURPOSE

Intuition And Discernment

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to notice intuitive impressions while also checking them against evidence, values, consequences, and wise counsel.

WHY THIS WEEK COMES NEXT

Stillness can make inner signals easier to notice. Next week we learn how to distinguish intuition from impulse, fear, wishful thinking, and evidence.

INTERACTIVE BUILD: The Discernment Check**BADGE:** Discernment Builder

SEE IT - STEP 1

Write the impression or hunch.

UNDERSTAND IT - STEP 2

Write the evidence for and against it.

UNDERSTAND IT - STEP 3

Check it against your values, likely consequences, and qualified advice where appropriate.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 29 | DO IT, PROVE IT, CARRY IT FORWARD

The Discernment Check

DO IT - REAL-WORLD MISSION

Use the Discernment Check on one non-urgent decision.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the decision, the checks you used, and the action you chose.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Discernment becomes clearer when you know what you stand for. Next week we define your values.

WEEK 30 | ALIGNMENT & PURPOSE

Values: What Do You Actually Stand For?

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to turn abstract values into observable standards for decisions, boundaries, time, and behavior.

WHY THIS WEEK COMES NEXT

Discernment becomes clearer when you know what you stand for. Next week we define your values.

INTERACTIVE BUILD: The Values-to-Behavior Table

BADGE: Values Keeper

SEE IT - STEP 1

Choose five values that matter most.

UNDERSTAND IT - STEP 2

For each value, write one behavior that proves it.

UNDERSTAND IT - STEP 3

Circle the value where your current behavior is most out of alignment.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 30 | DO IT, PROVE IT, CARRY IT FORWARD

The Values-to-Behavior Table

DO IT - REAL-WORLD MISSION

Take one corrective action that brings the circled value into your calendar or behavior.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the value, behavior, and corrective action.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Values tell you how you want to live. Next week we ask what your life may be preparing you to contribute.

WEEK 31 | ALIGNMENT & PURPOSE

Purpose: What Is Your Life Trying To Teach You?

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to look across experiences, interests, strengths, problems you care about, and people you want to serve for clues to purpose.

WHY THIS WEEK COMES NEXT

Values tell you how you want to live. Next week we ask what your life may be preparing you to contribute.

INTERACTIVE BUILD: The Purpose Clue Board**BADGE:** Purpose Explorer

SEE IT - STEP 1

Write three problems you care deeply about.

UNDERSTAND IT - STEP 2

Write three strengths or lessons people already come to you for.

UNDERSTAND IT - STEP 3

Write three kinds of people you feel pulled to help. look for overlap.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 31 | DO IT, PROVE IT, CARRY IT FORWARD

The Purpose Clue Board

DO IT - REAL-WORLD MISSION

Have one conversation with a person you may want to serve and listen to the problem in their own words.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the overlap you found and one thing you learned from the conversation.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Next week we look at the qualities that become visible when purpose, authenticity, presence, and service line up: your unique It Factor.

WEEK 32 | ALIGNMENT & PURPOSE

Unlocking Your Unique It Factor

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to identify the qualities people consistently experience in you when you are at your best and develop them with intention instead of imitation.

WHY THIS WEEK COMES NEXT

Next week we look at the qualities that become visible when purpose, authenticity, presence, and service line up: your unique It Factor.

INTERACTIVE BUILD: The It Factor Inventory

BADGE: It Factor Finder

SEE IT - STEP 1

Ask three people: what quality do you consistently experience in me when i am at my best?.

UNDERSTAND IT - STEP 2

Write three moments when you felt fully engaged and useful.

UNDERSTAND IT - STEP 3

Circle the qualities that appear in both outside feedback and your own experience.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 32 | DO IT, PROVE IT, CARRY IT FORWARD

The It Factor Inventory

DO IT - REAL-WORLD MISSION

Choose one circled quality and express it deliberately in one act of service.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the quality and what happened when you used it intentionally.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Knowing what is unique in you still needs direction. Next week we train the mind to begin with the outcome.

WEEK 33 | OUTCOME & IMPLEMENTATION

The Outcome-Focused Mind

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to define the result you want before choosing activities so effort becomes directed rather than scattered.

WHY THIS WEEK COMES NEXT

Knowing what is unique in you still needs direction. Next week we train the mind to begin with the outcome.

INTERACTIVE BUILD: Outcome First**BADGE:** Outcome Architect

SEE IT - STEP 1

Choose one area of life.

UNDERSTAND IT - STEP 2

Write the observable result you want.

UNDERSTAND IT - STEP 3

List three actions you currently take and mark which ones directly influence that result.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 33 | DO IT, PROVE IT, CARRY IT FORWARD

Outcome First

DO IT - REAL-WORLD MISSION

Remove or reduce one low-value activity and use the time on one outcome-linked action.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the outcome, removed activity, and replacement action.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

A clear outcome gives direction. Next week we turn that direction into one Big Audacious Goal.

WEEK 34 | OUTCOME & IMPLEMENTATION

Create Your Big Audacious Goal

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to write one bold, meaningful goal that stretches you and describes a result you can recognize.

WHY THIS WEEK COMES NEXT

A clear outcome gives direction. Next week we turn that direction into one Big Audacious Goal.

INTERACTIVE BUILD: The Big Audacious Goal Page**BADGE:** Goal Setter

SEE IT - STEP 1

Write the future result in plain language.

UNDERSTAND IT - STEP 2

Write why it matters to you and who else benefits.

UNDERSTAND IT - STEP 3

Write the date or decision window and the first visible milestone.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 34 | DO IT, PROVE IT, CARRY IT FORWARD

The Big Audacious Goal Page

DO IT - REAL-WORLD MISSION

Tell one trusted person the goal and schedule the first milestone action.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the goal, reason, milestone, and scheduled first action.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Bold goals need a reality check. Next week we run yours through RAPS so the dream stays big and the plan gets smarter.

WEEK 35 | OUTCOME & IMPLEMENTATION

Run It Through RAPS

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to test a goal through Realistic, Achievable, Predictable, and Sustainable thinking without shrinking the vision.

WHY THIS WEEK COMES NEXT

Bold goals need a reality check. Next week we run yours through RAPS so the dream stays big and the plan gets smarter.

INTERACTIVE BUILD: The RAPS Check**BADGE:** RAPS Planner

SEE IT - STEP 1

Realistic: what facts and constraints must i respect?.

UNDERSTAND IT - STEP 2

Achievable: what capability, support, or resources must i build?.

UNDERSTAND IT - STEP 3

Predictable and sustainable: what repeated actions can i reasonably track and continue?.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 35 | DO IT, PROVE IT, CARRY IT FORWARD

The RAPS Check

DO IT - REAL-WORLD MISSION

Revise one part of the goal plan based on your RAPS answers.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the four RAPS answers and the revision you made.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Now that the goal survives the test, next week we work backward from the result to the actions that create it.

WEEK 36 | OUTCOME & IMPLEMENTATION

Reverse Engineer Your Future

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to work backward from a future outcome into milestones, lead measures, weekly actions, and the next move.

WHY THIS WEEK COMES NEXT

Now that the goal survives the test, next week we work backward from the result to the actions that create it.

INTERACTIVE BUILD: The Reverse Engineering Map**BADGE:** Future Engineer

SEE IT - STEP 1

Write the final outcome at the top.

UNDERSTAND IT - STEP 2

Work backward through three milestones.

UNDERSTAND IT - STEP 3

Under the nearest milestone, write the weekly behavior most likely to move it.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 36 | DO IT, PROVE IT, CARRY IT FORWARD

The Reverse Engineering Map

DO IT - REAL-WORLD MISSION

Complete the first weekly behavior and mark the evidence.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the outcome, milestones, lead behavior, and first completion.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Many plans fail because everything feels equally important. Next week we identify the One Thing that deserves disproportionate focus.

WEEK 37 | OUTCOME & IMPLEMENTATION

The One Thing

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to identify the highest-leverage capability or action that makes other progress easier or more likely.

WHY THIS WEEK COMES NEXT

Many plans fail because everything feels equally important. Next week we identify the One Thing that deserves disproportionate focus.

INTERACTIVE BUILD: The Leverage Question**BADGE:** Focus Keeper

SEE IT - STEP 1

List five actions competing for your attention.

UNDERSTAND IT - STEP 2

Ask which one most directly influences the current milestone.

UNDERSTAND IT - STEP 3

Block time for that action before lower-leverage tasks.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 37 | DO IT, PROVE IT, CARRY IT FORWARD

The Leverage Question

DO IT - REAL-WORLD MISSION

Complete one protected focus block on the One Thing.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit what you chose, when you did it, and the result.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Focus tells you what to practice. Next week we rehearse the person who can execute it before the real moment arrives.

WEEK 38 | OUTCOME & IMPLEMENTATION

Meet Your Future Self

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to use responsible visualization and mental rehearsal to practice future behavior, decisions, and responses before important situations.

WHY THIS WEEK COMES NEXT

Focus tells you what to practice. Next week we rehearse the person who can execute it before the real moment arrives.

INTERACTIVE BUILD: Future Self Rehearsal**BADGE:** Future Rehearsal

SEE IT - STEP 1

Choose one upcoming situation.

UNDERSTAND IT - STEP 2

Picture the setting and the challenge realistically.

UNDERSTAND IT - STEP 3

Rehearse how the future version of you breathes, speaks, decides, and recovers if something goes wrong.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 38 | DO IT, PROVE IT, CARRY IT FORWARD

Future Self Rehearsal

DO IT - REAL-WORLD MISSION

Do the rehearsal three times before the real situation, then compare rehearsal with reality.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit what you rehearsed and one thing you did differently in the real moment.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Rehearsal works better when your environment reminds you what to practice. Next week we build anchors and primes.

WEEK 39 | OUTCOME & IMPLEMENTATION

Anchoring And Priming Your Mind

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to use simple words, images, routines, objects, and environmental cues to remind yourself of the identity and behavior you intend to practice.

WHY THIS WEEK COMES NEXT

Rehearsal works better when your environment reminds you what to practice. Next week we build anchors and primes.

INTERACTIVE BUILD: The Cue Design

BADGE: Cue Designer

SEE IT - STEP 1

Choose one behavior you want to repeat.

UNDERSTAND IT - STEP 2

Identify where the decision happens.

UNDERSTAND IT - STEP 3

Place one simple cue there: a phrase, image, object, calendar prompt, or routine.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 39 | DO IT, PROVE IT, CARRY IT FORWARD

The Cue Design

DO IT - REAL-WORLD MISSION

Use the cue for five days and mark whether the behavior followed.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the cue, location, and five-day result.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

A reminder is only useful if it turns into execution. Next week we focus on the Implementation Factor.

WEEK 40 | OUTCOME & IMPLEMENTATION

The Implementation Factor

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to translate intention into a scheduled action with a clear when, where, what, and proof.

WHY THIS WEEK COMES NEXT

A reminder is only useful if it turns into execution. Next week we focus on the Implementation Factor.

INTERACTIVE BUILD: The Implementation Card**BADGE:** Implementer

SEE IT - STEP 1

Write the action in behavioral language.

UNDERSTAND IT - STEP 2

Write exactly when and where it will happen.

UNDERSTAND IT - STEP 3

Write the evidence that will prove completion.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 40 | DO IT, PROVE IT, CARRY IT FORWARD

The Implementation Card

DO IT - REAL-WORLD MISSION

Complete the scheduled action once and review what helped or interfered.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the card and completion evidence.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

One completed action is a start. Next week we build a daily bias toward the actions that matter most.

WEEK 41 | OUTCOME & IMPLEMENTATION

Massive Action Daily

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to define a small set of high-value daily actions that create momentum without confusing frantic activity with progress.

WHY THIS WEEK COMES NEXT

One completed action is a start. Next week we build a daily bias toward the actions that matter most.

INTERACTIVE BUILD: The MAD Three**BADGE:** Action Producer

SEE IT - STEP 1

Choose up to three high-value daily actions.

UNDERSTAND IT - STEP 2

Define a minimum version for difficult days.

UNDERSTAND IT - STEP 3

Create a simple daily checkmark tracker.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 41 | DO IT, PROVE IT, CARRY IT FORWARD

The MAD Three

DO IT - REAL-WORLD MISSION

Run the MAD Three for five days.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit your five-day tracker and one lesson about consistency.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Repeated action begins to change what feels normal. Next week we connect repetition to identity.

WEEK 42 | OUTCOME & IMPLEMENTATION

Habits That Become Identity

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to use repeated behavior as evidence of who you are becoming and recover quickly when the habit breaks.

WHY THIS WEEK COMES NEXT

Repeated action begins to change what feels normal. Next week we connect repetition to identity.

INTERACTIVE BUILD: The Identity Habit Loop**BADGE:** Identity Habit Builder

SEE IT - STEP 1

Choose one identity statement.

UNDERSTAND IT - STEP 2

Choose one tiny habit that proves it.

UNDERSTAND IT - STEP 3

Define the restart rule: after a miss, i return by ____.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 42 | DO IT, PROVE IT, CARRY IT FORWARD

The Identity Habit Loop

DO IT - REAL-WORLD MISSION

Repeat the habit for five days and use the restart rule if needed.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the tracker and the evidence the habit created.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Practice needs information about quality. Next week we learn to use feedback without turning it into a verdict on our worth.

WEEK 43 | OUTCOME & IMPLEMENTATION

Feedback Is Information

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to ask for specific feedback, separate useful information from noise, and decide what to change.

WHY THIS WEEK COMES NEXT

Practice needs information about quality. Next week we learn to use feedback without turning it into a verdict on our worth.

INTERACTIVE BUILD: The Feedback Request**BADGE:** Feedback User

SEE IT - STEP 1

Choose one skill or output.

UNDERSTAND IT - STEP 2

Ask a trusted person one specific question about what worked and what could improve.

UNDERSTAND IT - STEP 3

Write what you will keep, change, and ignore - with reasons.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 43 | DO IT, PROVE IT, CARRY IT FORWARD

The Feedback Request

DO IT - REAL-WORLD MISSION

Make one revision based on useful feedback.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the feedback question, one useful insight, and the revision.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Feedback can accelerate growth, but support can become dependence. Next week we build accountability that strengthens self-leadership.

WEEK 44 | OUTCOME & IMPLEMENTATION

Accountability Without Dependence

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to use people, systems, and check-ins to support action while keeping responsibility for your choices.

WHY THIS WEEK COMES NEXT

Feedback can accelerate growth, but support can become dependence. Next week we build accountability that strengthens self-leadership.

INTERACTIVE BUILD: The Accountability Contract**BADGE:** Self-Led Partner

SEE IT - STEP 1

Write the action you own.

UNDERSTAND IT - STEP 2

Write what the accountability partner will and will not do.

UNDERSTAND IT - STEP 3

Choose the check-in time and the evidence you will report.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 44 | DO IT, PROVE IT, CARRY IT FORWARD

The Accountability Contract

DO IT - REAL-WORLD MISSION

Complete one accountability cycle exactly as agreed.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the contract and what happened during the check-in.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

The way you communicate commitments and needs matters most inside relationships. Next week we practice boundaries and clear requests.

WEEK 45 | OUTCOME & IMPLEMENTATION

Relationships, Boundaries, And Communication

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to state needs, listen, make specific requests, name boundaries, and pause conflict without attacking, chasing, or disappearing.

WHY THIS WEEK COMES NEXT

The way you communicate commitments and needs matters most inside relationships. Next week we practice boundaries and clear requests.

INTERACTIVE BUILD: The Clear Conversation Script**BADGE:** Boundary Builder

SEE IT - STEP 1

Write the observable situation without accusation.

UNDERSTAND IT - STEP 2

Write what you need or value.

UNDERSTAND IT - STEP 3

Write one specific request and one boundary you control.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 45 | DO IT, PROVE IT, CARRY IT FORWARD

The Clear Conversation Script

DO IT - REAL-WORLD MISSION

Practice the script aloud, then use it in one safe, appropriate conversation if needed.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the written script and a reflection on what you learned. Seek professional support when safety, abuse, or serious conflict requires it.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Clear communication is easier when you trust your own voice. Next week we begin finding it.

WEEK 46 | VOICE, MESSAGE & METHOD

Find Your Voice

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to stop imitating other people and identify the language, rhythm, stories, convictions, and point of view that sound like you.

WHY THIS WEEK COMES NEXT

Clear communication is easier when you trust your own voice. Next week we begin finding it.

INTERACTIVE BUILD: Get Off the Page**BADGE:** Voice Finder

SEE IT - STEP 1

Choose one idea you know well.

UNDERSTAND IT - STEP 2

Read your notes once, then put them down.

UNDERSTAND IT - STEP 3

Explain the idea to one person in your own words and record it.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 46 | DO IT, PROVE IT, CARRY IT FORWARD

Get Off the Page

DO IT - REAL-WORLD MISSION

Repeat the explanation three times without trying to use the same sentences.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the third recording or transcript and one thing that sounded more natural.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Your words are only part of your voice. Next week we work with the sound, rhythm, pace, breath, and emotion that make identity audible.

WEEK 47 | VOICE, MESSAGE & METHOD

Your Voice Is Your Identity Made Audible

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to use pace, emphasis, breath, rhythm, volume, and emotional intention so the listener can hear what matters.

WHY THIS WEEK COMES NEXT

Your words are only part of your voice. Next week we work with the sound, rhythm, pace, breath, and emotion that make identity audible.

INTERACTIVE BUILD: The Vocal Score

BADGE: Vocal Leader

SEE IT - STEP 1

Choose a one- minute story.

UNDERSTAND IT - STEP 2

Mark where the hook, conflict, turn, lesson, and action occur.

UNDERSTAND IT - STEP 3

Choose one vocal intention for each section and record it.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 47 | DO IT, PROVE IT, CARRY IT FORWARD

The Vocal Score

DO IT - REAL-WORLD MISSION

Record the story twice and compare whether the second version makes the turn and lesson easier to hear.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the second recording and one vocal choice you changed.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Once the voice can carry meaning, next week we turn one personal story into a useful message for someone else.

WEEK 48 | VOICE, MESSAGE & METHOD

Turn Your Story Into A Message

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to move from a personal experience to the human problem, insight, principle, how-to, and action another person can use.

WHY THIS WEEK COMES NEXT

Once the voice can carry meaning, next week we turn one personal story into a useful message for someone else.

INTERACTIVE BUILD: Story to Message

BADGE: Message Maker

SEE IT - STEP 1

Write what happened in one sentence.

UNDERSTAND IT - STEP 2

Write the universal human problem and the lesson.

UNDERSTAND IT - STEP 3

Write one practical step the listener can take.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 48 | DO IT, PROVE IT, CARRY IT FORWARD

Story to Message

DO IT - REAL-WORLD MISSION

Tell the story in two minutes and finish with: The reason I am telling you this is ____.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the two-minute message or transcript.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

A useful message can inform people. Next week we learn how to design an experience that helps them participate.

WEEK 49 | VOICE, MESSAGE & METHOD

Captivate: Create An Experience

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to turn teaching into participation using atmosphere, questions, story, practice, challenge, feedback, and imagination.

WHY THIS WEEK COMES NEXT

A useful message can inform people. Next week we learn how to design an experience that helps them participate.

INTERACTIVE BUILD: The Experience Builder**BADGE:** Experience Designer

SEE IT - STEP 1

Choose one lesson you teach.

UNDERSTAND IT - STEP 2

Add one question that makes the learner examine themselves.

UNDERSTAND IT - STEP 3

Add one action, challenge, or simulation that lets them practice the lesson.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 49 | DO IT, PROVE IT, CARRY IT FORWARD

The Experience Builder

DO IT - REAL-WORLD MISSION

Deliver the five-minute experience to one person and observe where they engage or get confused.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the lesson, interaction, and one improvement you will make.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Experiences become repeatable when the process has a method. Next week we turn knowledge into one.

WEEK 50 | VOICE, MESSAGE & METHOD

Turn Knowledge Into A Method

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to curate experience and research into a clear, repeatable step-by-step process somebody else can follow.

WHY THIS WEEK COMES NEXT

Experiences become repeatable when the process has a method. Next week we turn knowledge into one.

INTERACTIVE BUILD: The Method Map**BADGE:** Method Builder

SEE IT - STEP 1

Write the problem your method solves.

UNDERSTAND IT - STEP 2

List three to seven steps in the order they need to happen.

UNDERSTAND IT - STEP 3

Under each step, write what the learner must understand and do.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 50 | DO IT, PROVE IT, CARRY IT FORWARD

The Method Map

DO IT - REAL-WORLD MISSION

Teach the method to one person and ask where the sequence is unclear.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit the revised method map and one change based on feedback.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

A method becomes meaningful when it serves people. Next week we move from personal transformation into contribution.

WEEK 51 | CONTRIBUTION & LEGACY

From Transformation To Contribution

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to choose a practical way to use what you have learned in service, leadership, teaching, coaching, family, community, creativity, or business.

WHY THIS WEEK COMES NEXT

A method becomes meaningful when it serves people. Next week we move from personal transformation into contribution.

INTERACTIVE BUILD: The Contribution Plan

BADGE: Contributor

SEE IT - STEP 1

Write the lesson you are most qualified to share from this year.

UNDERSTAND IT - STEP 2

Write who could benefit from it.

UNDERSTAND IT - STEP 3

Choose one form of contribution you can deliver in the next seven days.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 51 | DO IT, PROVE IT, CARRY IT FORWARD

The Contribution Plan

DO IT - REAL-WORLD MISSION

Deliver one small act of contribution and ask what was useful.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit what you shared, who it served, and what you learned.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

Next week we bring the entire year together and decide what evidence, mission, and practices you will carry forward.

WEEK 52 | CONTRIBUTION & LEGACY

Living Your Legacy

IN THIS COURSE, YOU'RE GOING TO LEARN...

In this course, you're going to learn how to review the evidence of your year, write a Living Legacy Statement, and build the next 90 days around the person you have chosen to become.

WHY THIS WEEK COMES NEXT

Next week we bring the entire year together and decide what evidence, mission, and practices you will carry forward.

INTERACTIVE BUILD: The Living Legacy Portfolio

BADGE: Legacy Builder

SEE IT - STEP 1

Review your week 1 stories and your evidence from the year.

UNDERSTAND IT - STEP 2

Write what changed in identity, behavior, relationships, contribution, and direction.

UNDERSTAND IT - STEP 3

Complete: because of the life i have lived and the person i have chosen to become, i am committed to helping ____ so that ____.

WHAT AM I SEEING MORE CLEARLY NOW?

WEEK 52 | DO IT, PROVE IT, CARRY IT FORWARD

The Living Legacy Portfolio

DO IT - REAL-WORLD MISSION

Choose eight actions for the next 90 days: identity, vision, courage, mind, action, expertise, service, and legacy.

MY ACTION PLAN

I will do this on / by: _____ Where: _____

The smallest version I will complete is: _____

What could get in the way: _____

PROVE IT - EVIDENCE REQUIREMENT

Submit your Living Legacy Statement and 90-Day Blueprint.

The evidence I collected:

EVIDENCE VAULT

Because I practiced this, I now know _____

WEEKLY COMPLETION CHECK

- ☐ SEE IT completed
- ☐ UNDERSTAND IT completed
- ☐ DO IT mission completed
- ☐ Proof captured
- ☐ Evidence Vault updated

NATURAL TRANSITION TO THE NEXT WEEK

The season ends here, but the practice does not. Your next chapter begins with the evidence of who you have become.

YOUR NEXT 90 DAYS BEGIN HERE

Identity | Vision | Courage | Mind | Action | Expertise | Service | Legacy