

To the divergent, faith-driven professional who believes you can win in the world and live fulfilled.
May all your desires manifest. Let this tool multiply your efforts to live your calling.

REFLECTION



Name one area where you tend to spin your wheels.

You get ahead then slide back some. You'll know you're on target if it's a source of frustration or persistent irritation. Think of one specific situation where this happens.

AWARENESS



What's **one choice** you make or reaction you have that you don't like?

This *inherited* trait of yours stems from your childhood or environmental conditioning.

Common:
Repeating patterns of parents.

Professional:
Molded by company/military culture.

Spiritual:
Shaped by perceived authority figures

DETERMINE



Determine one thing you could adjust or eliminate **NEXT** to serve your goals better.

Example from family life

You notice:
"I sound just like my dad/mom."

New:
"Yep but I don't have to. I can do what I actually believe in, rather than mindlessly repeat patterns of the past.
Still love you, dad/mom."

ADJUSTMENT



Adjust it based on what you just determined could bring improvement.

Break the Cycle

[adjustment] What will you do to make it stick and so the negative cycle doesn't repeat?

Why **MUST** you do this? (your "why")

REPEAT



This ain't Grand-pappy's factory-line repetition.

Repetition for Multiplication & *Habit* Formation

Leverage all 3 for **lasting transformation**

✓ Intention

State clearly & specifically, as you're able

✓ Iteration

Apply the adjustment

✓ Introspection

Search your heart, apply what you notice

I Promise you will Progress

Save time and avoid more frustration
Grab a free slot, while it lasts:
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