

Playbook

SELF-CONCEPT ULTIMATE ALGORITHM
FOR THE EVOLUTIONARY WOMAN

Permission To Be Brilliant & Imperfect !

by Florence HIS

PLAYBOOK SYNOPSIS

01 Introduction Abstract

Overview of what lies ahead. The creator of the Playbook expresses gratitude to those who have influenced the creation of this guide. I'm honored to be standing upon the shoulders of Giants, she writes.

02 Systemic Coaching Frameworks - CRR Global

Unveil the secrets behind the power of systemic coaching. Explore the Mansion Visualization, a captivating technique that takes you on a journey through the rooms of your mind, unveiling hidden potentials and aspirations. Dive deeper into Shadow Work Integration and understanding the art of engaging and developing essential metaskills. Brace yourself for a confrontation with the 4 Horsemen of the Apocalypse, learning how to navigate and conquer these challenges with strength and resilience.

03 Harness The Power of Anger

Understand the intricate nature of anger, discovering its underlying origins and transforming it into a catalyst for personal growth and transformation.

04 Maslow Hierarchy of Needs Theory

Ascend the pyramid of human needs and motivation as the renowned A. Maslow shares his insights on self-actualization and the pursuit of growth and fulfillment.

05 Dilts Neurological Levels Learning & Change

Venture into the realm of neurological levels. Discover the connection between your beliefs, values, capabilities, identity, and how they shape your learning and capacity for change.

06 Integral Quadrant & Self Concept

Explore a holistic perspective on self-concept through the four interconnected quadrants of integral theory. This approach helps you understand the multifaceted dimensions of your identity and experiences. Gain awareness of the context surrounding your challenges and discover broader opportunities.

PLAYBOOK SYNOPSIS

07 Appreciative Inquiry & Self-Concept

Develop a healthier, more optimistic self-concept by harnessing the power of (AI) and its strengths-based 5-D Cycle (Define, Discover, Dream, Design, Destiny) process to enhance your self-esteem, empowerment, resilience, and engagement. Uncover and celebrate your unique Brilliance.

08 Theory U

Embark on a transformative journey with an open heart, mind, and will. Through the stages of sensing, presencing, and realizing, co-create a more authentic, resilient, and empowered sense of self, guided by the vision of an emerging future.

09 Reinventing for Perpetual Turbulence

Master the art of personal and business reinvention with The Chief Reinvention Officer Handbook. This comprehensive guide equips you with essential methods and tools to thrive amid constant change. Whether tackling personal growth or business challenges, this handbook serves as your roadmap to success in a chaotic world.

10 Extended Insights on Self-Concept

Supplementary resources for a deeper dive into self-concept

11 Institute for Woman Centered Coaching

Enter a sanctuary designed solely for the growth and empowerment of women. Dive into self-concept and actualization impulse, learning how to unleash your unlimited potential. Discover techniques to locate your most powerful self, uncovering hidden strengths and talents. Delve into the state of fulfillment in key life areas, as well as the deep yearnings and desires that ignite your creative spirit. Unveil the power of the feminine energy within you and embrace the transformation matrix that will guide your evolution.

12 Talent & Wealth Dynamics Profiling - Genuis Group

Discover a revolutionary approach to understanding your unique talents and wealth dynamics, allowing you to harness your natural abilities, and create value and trust from your place of flow. Calibrate your pathway to success, and fulfillment.

PLAYBOOK SYNOPSIS

13 Global Institute of Evolutionary Women

Immerse yourself in the wisdom of the evolutionary women model, empowering you to step into your highest potential. Unlock the power of inner shifts for the "Woman 5.0", revealing the transformative impact of personal growth. Explore the depth of your needs, fears, evolutionary keys, and power through powerful profiling techniques. Understand the 4 sources of power that shape your life and embark on a 6-step evolutionary woman strategy that will guide your journey of growth and empowerment.

14 Practice with us

Complimentary Workbook :
IKIGAI
Genius Test
Core Values
Wheel of Life
Self-Reinvention Compass
From Fear to Flourish

15 Parting Words & Personal Invitation

As this journey comes to an end, receive heartfelt gratitude from the creator of this playbook. Reflect on the profound transformations you have experienced and express gratitude for those who have contributed to your growth

01 INTRODUCTION & ABSTRACT

Coaching is a privileged dialogue focused on enhancing one's self-awareness, boosting performance, and amplifying impact. This Playbook, the result of over ten years of experience coaching female leaders, is designed for driven individuals seeking self-actualization.

Self-concept is the cornerstone for achieving our dreams and embracing our authentic selves. A healthy self-concept empowers us to pursue goals, overcome challenges, and thrive amidst change. Conversely, an unhealthy self-concept can hinder progress and growth.

This Playbook preview focuses on nurturing and strengthening your self-concept to unlock your potential. By enhancing self-concept, particularly for women facing unique societal pressures, we provide tools and strategies to navigate uncertainties and reinvent themselves. With a solid self-concept, you can confidently pursue your goals and transform into the person you aim to be.

This guide empowers forward-thinking women on their journey of self-discovery and growth. It offers actionable knowledge, empowering tools, and innovative techniques to support personal evolution. By engaging with this material, women can harmoniously blend their personal and professional lives, dismantle limitations, and achieve their deepest aspirations.

The Playbook delves into self-discovery, unlocking extraordinary potential and nurturing genuine confidence. It emphasizes building meaningful connections that align with core aspirations and desires. Through this process, women will raise their awareness of life's constructs and orchestrate the narrative of their lives.

The goal is for women to chart a course toward becoming the person they aspire to be, and to embrace satisfaction, influence, and legacy. Guided by experts in cognitive and behavioral science, adult development theory, mindfulness, and appreciative inquiry to name a few, this material is tailored specifically for self-actualizing women.

If you feel curious, I invite you to explore the transformative potential of this Playbook, delve into the glimpse provided here, and uncover the possibilities that await you.

With the Playbook, you will receive the companion audiobook and one hour of individual online coaching. You also get complimentary access to our new self-study course **The Odyssey of Self: Journey to the Empowered Woman**. Embark on the **@Playbook Extravaganza** journey and unlock incredible opportunities.

To your greatness,

Florence His

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Founder & Managing Director, Business4People



SYSTEMIC COACHING FRAMEWORKS – CRR



THE MANSION OF YOUR MIND

Venture into the Mansion of your mind, where rooms abound, and each holds a fragment of your vast being. Tread with curiosity through the corridors of creativity and meet the occupants.



SHADOW WORK INTEGRATION

Shadow work is akin to an intimate dance with the unseen self, a chiaroscuro of the soul, where dark and light swirl into awareness. By shedding light on hidden emotions and suppressed savagery, we reconcile with inner specters, transmuting shadows into allies.



WHO IS ENGAGING & METASKILLS

In the realm of Metaskills, you are the painter & the landscape both, tinting the emotional skies with the hues of your presence, crafting the atmosphere with the essence of your spirit. Your stance, silent yet sonorous, sculpts the field, influencing the invisible tide of interaction.



THE 4 HORSEMEN OF THE APOCALYPSE

Galloping through relational realms come the 4 Horsemen: Defensiveness, Contempt, Stonewalling & Criticism. Yet, confrontation need not end in ruin. Recognize their approach, craft a truce & instead invite understanding, respect, openness & Appreciation to your table.

03 HARNESS THE POWER OF ANGER



Anger, the fiery sentinel, when understood, can become a force for boundary-setting and fervent change. Tame its wildness through introspection, channel its heat into the forging of steel-strong resolve and velvet-gloved determination.

MASLOW 04 HIERARCHY OF NEEDS THEORY - MOTIVATION



Ascend the pyramid of human motivation from survival to the celestial realm of transcendence. With each level, witness your transformation within. The path is a symphony guiding you to the summit where an eternal odyssey of growth & fulfillment awaits. Let the spirit of the pyramid ignite your soul to purpose.

05 DILTS NEUROLOGICAL LEVELS - LEARNING & CHANGE



Imagine a tapestry of personal growth, threads interconnected and aligned. Like a skilled weaver, align your levels of development, consciously programming your mind for lasting change and self-actualization. Create a work of art, a masterpiece of personal growth and transformation.

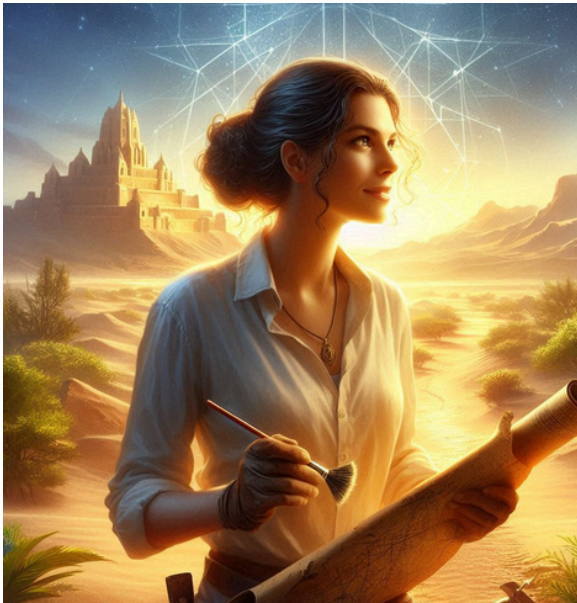
INTEGRAL QUADRANT & SELF- CONCEPT 06



Put your integral glasses on and immerse yourself in the multidimensional world of your self-concept. Each quadrant represents a different aspect of your identity and experience.

Gain awareness of your larger context, understand your challenges more deeply and uncover broader opportunities.

07 APPRECIATIVE INQUIRY & SELF-CONCEPT



Picture a skilled archaeologist gently brushing away dust to reveal the glittering gems of her strengths, achievements & potential. Guided by the Appreciative Inquiry map, she embarks on a journey of self-discovery, empowerment & transformation, unearthing & celebrating her unique brilliance.

THEORY U 08



Imagine standing before a portal to your future self. With an open heart, an open mind & an open will, step through. Experience the stages of sensing, presencing & realizing as you co-create a more authentic, resilient & empowered sense of self. Let the vision of your emerging future guide you to full-potential.

09 REINVENTING FOR PERPETUAL TURBULENCE



Envision an alchemist blending scents to craft "Woman Flourishing", an elixir born from the depth of her soul and inspired by the pulse of the world, which resonates with the universe's frequencies. When worn, it leads wearers through constant evolution, reinvention and mastery. Transformed by the magnetic potion, women navigate life embodying the essence of human flourishing and reinvention with every breath.

10 EXTENDED INSIGHTS ON SELF-CONCEPT



Supplementary resources for a deeper dive into self-concept.

11 INSTITUTE FOR WOMAN CENTERED COACHING – WCC



SELF-CONCEPT & ACTUALIZATION IMPULSE

To journey toward Self-actualization is to undertake the grandest of voyages from the flotilla of achievement to the uncharted waters of existential fulfillment. Here, the siren call of potential beckons, guiding mighty ships toward the harbor of their greatest becoming.



LOCATE YOUR MOST POWERFUL SELF

Locate the beacon of your Most Powerful Self amid life's stormy seas. The compass of your experiences, the chart of your accomplishments, each port of challenge, and every isle of creativity have shaped your helmsmanship. Whether leading with wisdom or loving with abandon, you sail true to the stars of your essence.



STATE OF FULFILLMENT IN KEY LIFE AREAS

In the realm of Metaskills, you are the painter & the landscape both, tinting the emotional skies with the hues of your presence, crafting the atmosphere with the essence of your spirit. Your stance, silent yet sonorous, sculpts the field, influencing the invisible tide of interaction.



DEEP YEARNINGS & DESIRES IGNITING CREATION

Delve beneath the surface desires, reaching into the fathomless depths where deeper yearnings reside. There, in the silent reverie of innermost longing, listen for the soul's whispers, guiding you toward those lustrous pearls of genuine aspiration.

12 TALENT & WEALTH DYNAMICS PROFILING - GENIUS GROUP



Unlock the hidden treasures of your potential through the captivating landscapes of Talent & Wealth Dynamics. Unleash the currents of your unique flow, igniting a symphony of amplified leadership effectiveness. Let the visionary process guide you, through a labyrinth of personalized insights, into your innate value generation & collaborative strengths. Harness its transformative power & unveil the brilliance within.

13 GLOBAL INSTITUTE FOR EVOLUTIONARY WOMEN-GIFEW



EVOLUTIONARY WOMEN MODEL

In the luminescent firmament of Evolutionary Women, find your constellation, aglow with the unique radiance of your essence. Each star is an element of your consciousness, each galaxy a domain of growth— an astronomical tapestry of what it means to be you and a source of inspiration for the odyssey that awaits.



WOMAN 5.0 - INNER SHIFTS

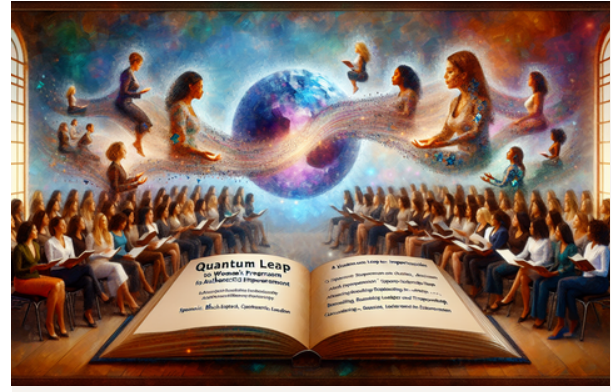
The Pathway to becoming an Evolutionary Woman 5.0 involves four profound shifts: shifting from ego-driven identity to embracing the Soul, embracing an authentic purpose, manifesting innate strengths & embracing a philosophy of abundant exchange. It's a metamorphosis from cocoon to butterfly, guided by the gentle whispers of the soul, spreading wings of talent & making an integrated impact.

GLOBAL INSTITUTE FOR EVOLUTIONARY WOMEN-GIFEW



PROFILING – NEEDS & FEARS, KEYS & POWER

Step into the transformative experience of becoming an Evolutionary Woman. Leverage the Wealth Dynamics for Evolutionary Women process to unlock your evolutionary keys. Embrace the journey, aligning potential with ambitions and reclaiming feminine power.



THE 4 SOURCES OF POWER

Empowerment flows from the fountains of knowledge, networks, personal evolution and unwavering embrace of individual strengths. As women harness the power that is rightfully theirs, they illuminate the world with their radiant brilliance, creating change and fulfillment that ripple far and wide.



SIX-STEP EVOLUTIONARY WOMAN STRATEGY

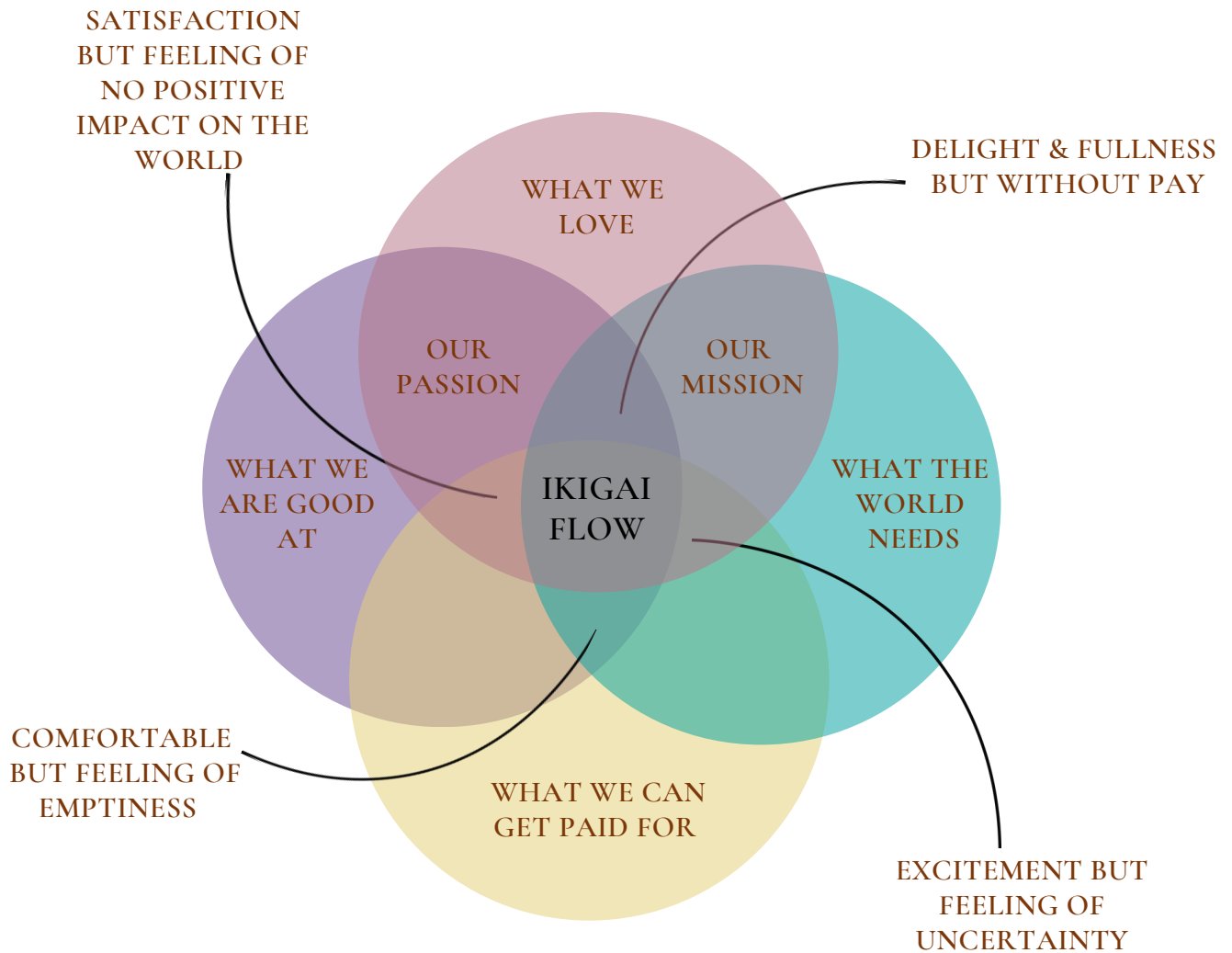
In the realm of your evolution, a treasure awaits—a strategy to unlock your Authentic Power. Picture a garden, where different sources of power bloom, waiting to be activated. With this 6-step strategy, you'll revel in newfound freedom, flowing effortlessly towards fulfillment & leaving a meaningful impact on the world.

SELF-CONCEPT ULTIMATE ALGORITHM FOR THE EVOLUTIONARY WOMAN



*Permission to be
Brilliant & Imperfect!*

I-IKIGAI MODEL



Have you found your Ikigai —the Japanese concept of “a reason for being”?

Everyone has an Ikigai, uniquely personal to them. It lies at the intersection of your passions (what you love), your talents (what you are good at), your purpose (what the world needs), and your enterprise (what you can be paid for). If you haven't found it yet, keep searching. Once you discover it, the universe aligns with you, and you enter a state of flow.

Here's a simple exercise to help you on your journey. Score each of these statements from 0 to 10, with 0 being not at all and 10 being completely:

1. Every day I am doing what I love to do.
2. Every day I only do what I am good at.
3. Every day I am doing what the world needs.
4. Every day I am getting paid well for what I do.

Got your scores? Add them up and see where you stand on your path to finding your Ikigai.

“It is never too late to be who you might have been.” ~ George Elliot

IKIGAI: THE SYMPHONY OF SELF



Imagine your life as a symphony. Ikigai is the conductor harmonizing the instruments of passion, talent, purpose, and livelihood:

1. *Passion's Melody*: Discover what makes your heart sing, bringing self-awareness, motivation, and joy.
2. *Talent's Rhythm*: Recognize your unique skills, building competence and confidence like a steady drumbeat.
3. *Purpose's Harmony*: Understand your role in the world, creating a sense of purpose belonging, and self-worth.
4. *Livelihood's Bass line*: Find financial stability through meaningful work, grounding your self-concept.
5. *Achieving Harmony*: Just as a conductor aligns each section of the orchestra, Ikigai integrates passion, profession, mission, and vocation, bringing clarity and balance to your life.
6. *Encouraging Growth*: Like a symphony that evolves with every performance, Ikigai fosters continuous reflection and adaptation, nurturing a dynamic self-concept.
7. *Boosting Motivation*: With the resilience of a powerful crescendo, Ikigai provides intrinsic motivation and the strength to navigate challenges.

Ikigai weaves together these elements into a beautiful composition, guiding you to creating a holistic and harmonious sense of self.

II-GENIUS TEST

The Four Geniuses



"Everyone is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

- Albert Einstein

Which path would support you to feel like a genius?

When you follow your natural genius, you experience life with less resistance, allowing joy and success to flow naturally toward you. Take the simple and free "Genius Test" to discover your unique talents and harness their power to strengthen your self-concept.

The "**Genius Test**," maps the four key energies driving your profile and offers a directional snapshot of your underlying dynamics. For further growth, engage with the free Genius "**Microdegree**" , an invaluable resource for personal and professional development.

Psychometric Tests allow us to see our differences as strengths, so we can help each other shine.

III- CORE VALUES

This exercise helps you identify and clarify your core values. They are the guiding principles shaping your actions and decisions. By understanding your core values, you can align your life and pursuits with what truly matters to you and bring coherence and balance to your self-concept and life. A list of values is included for convenience.

TAKE A MOMENT TO REFLECT ON YOUR LIFE AND EXPERIENCES. THINK ABOUT MOMENTS WHEN YOU FELT TRULY FULFILLED, ALIGNED, AND IN HARMONY WITH YOURSELF ?

WRITE DOWN AT LEAST FIVE VALUES THAT WERE PRESENT IN THOSE MOMENTS. THESE VALUES COULD BE TRAITS, PRINCIPLES, OR QUALITIES THAT YOU HOLD DEAR

ONCE YOU HAVE IDENTIFIED YOUR CORE VALUES, REFLECT ON THEIR SIGNIFICANCE IN YOUR LIFE. HOW DO THEY INFLUENCE YOUR DECISION-MAKING PROCESS?

CLARIFYING CORE VALUES



NOW, CONSIDER IF YOUR CURRENT LIFESTYLE, CAREER, AND RELATIONSHIPS ALIGN WITH YOUR CORE VALUES. ARE THERE ANY INCONSISTENCIES OR AREAS WHERE YOU COULD MAKE ADJUSTMENTS?

LASTLY, BRAINSTORM SMALL CHANGES OR ACTIONS YOU CAN TAKE TO BRING YOUR LIFE CLOSER TO YOUR CORE VALUES. THESE CAN BE SIMPLE ADJUSTMENTS OR BIGGER TRANSFORMATIONS

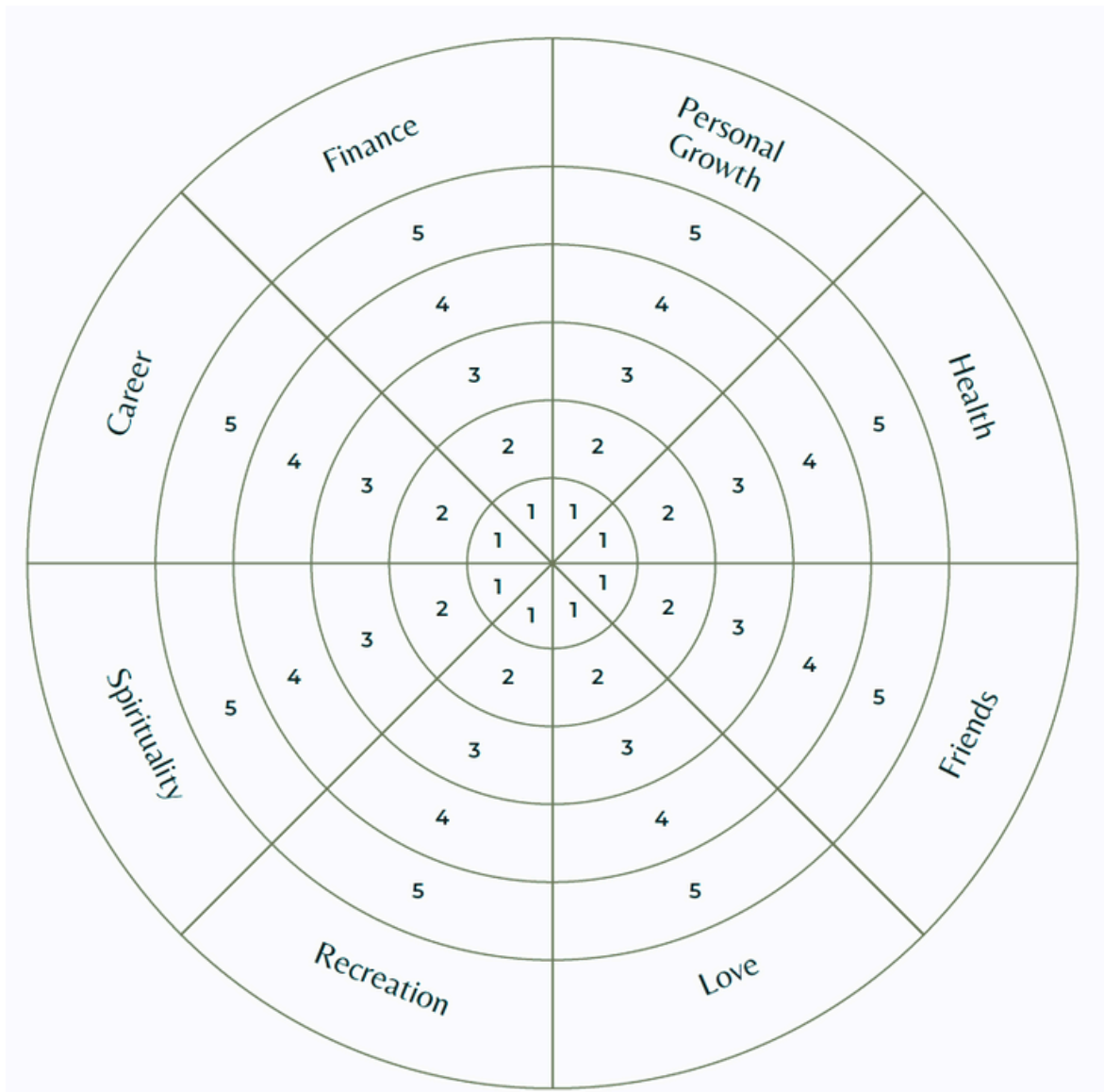
KEY TAKEAWAY: IDENTIFYING & UNDERSTANDING YOUR CORE VALUES IS CRUCIAL FOR CREATING A LIFE THAT IS ALIGNED WITH YOUR TRUE SELF-CONCEPT. BY LIVING IN HARMONY WITH YOUR VALUES, YOU CAN EXPERIENCE DEEPER FULFILLMENT, PURPOSE & AUTHENTICITY IN YOUR PERSONAL & PROFESSIONAL ENDEAVORS.

LIST OF VALUES

Accountability	Freedom	Order	Uniqueness
Achievement	Friendship	Parenting	Usefulness
Adaptability	Fun	Patience	Vision
Adventure	Future	Patriotism	Vulnerability
Altruism	generations	Peace	Wealth
Ambition	Generosity	Perseverance	Well-being
Authenticity	Giving back	Personal	Wholeheartedness
Balance	Grace	fulfillment	Wisdom
Beauty	Gratitude	Power	
Being the best	Growth	Pride	<u>Add more values :</u>
Belonging	Harmony	Recognition	
Career	Health	Reliability	
Caring	Home	Resourcefulness	
Collaboration	Honesty	Respect	
Commitment	Hope	Responsibility	
Community	Humility	Risk -taking	
Compassion	Humor	Safety	
Competence	Inclusion	Security	
Confidence	Independence	Self-discipline	
Connection	Initiative	Self-expression	
Contentment	Integrity	Self-respect	
Contribution	Intuition	Serenity	
Cooperation	Job security	Service	
Courage	Joy	Simplicity	
Creativity	Justice	Spirituality	
Curiosity	Kindness	Sportsmanship	
Dignity	Knowledge	Stewardship	
Diversity	Leadership	Success	
Environment	Learning	Teamwork	
Efficiency	Legacy	Thrift	
Equality	Leisure	Time	
Ethics	Love	Tradition	
Excellence	Loyalty	Travel	
Fairness	Making a	Trust	
Faith	difference	Truth	
Family	Nature	Understanding	
Financial stability	Openness		
Forgiveness	Optimism		

WHEEL OF LIFE

How to use this template? This exercise is designed to take a snapshot of your current situation across a variety of categories. This way you have an idea what you're happy with and what needs some extra work.



The way you to do this is simple - First just give a rating from 1 to 5 in each category, one being you're totally unsatisfied and five means that you're over the moon. Then on the next page, fill out what you're happy with and why and reflect what needs some work and how you think you can improve the situation and what steps you can take to get on the right path.

WHEEL OF LIFE

PERSONAL GROWTH

HEALTH

FRIENDS

LOVE

RECREATION

SPIRITUALITY

CAREER / PROFESSIONAL

FINANCE

SELF-REINVENTION COMPASS

NAVIGATING YOUR GROWTH JOURNEY

Reinvention is key to sustaining and elevating the vitality of any system—be it your self-concept, career, family, team, project, or organization. Take a few moments to invest in rejuvenating yourself and those around you. Take this quick individual performance assessment that you, as the Chief Reinvention Officer of your life, can conduct quarterly to assess your position and monitor your evolution. I encourage you to challenge yourself to be candid and evaluate against these 15 statements: choose 10 for always, 5 for sometimes, 0 for never. How did you score? What did you learn?

I AM INVIGORATED BY THE WORK I & ACTIVITIES I ENGAGE IN.

I CONFIDENTLY DECLINE TASKS & OFFERS WHEN NECESSARY.

I EMBRACE OPPORTUNITIES WITH A POSITIVE "YES" ATTITUDE.

I ALLOW MYSELF THE SPACE TO LEARN FROM FAILURE.

I TAKE RESPONSIBILITY FOR MY MISTAKES.

I CULTIVATE PERSONAL RESILIENCE THROUGH PRACTICING GRATITUDE.

I PRIORITIZE SELF-CARE.

I GENUINELY CELEBRATE MY ACHIEVEMENTS, NO MATTER HOW SMALL.

I SURROUND MYSELF WITH VIBRANT INDIVIDUALS WHO INSPIRE & ENERGIZE ME.

I PROACTIVELY OBSERVE AND ANTICIPATE UPCOMING TRENDS (BEFORE THEY HIT ME)

I ACTIVELY ENGAGE WITH PEOPLE FROM DIVERSE BACKGROUNDS AND PROFESSIONS.

I DEDICATE SUFFICIENT TIME TO GOAL-SETTING, PLANNING, AND STRATEGIZING ON A YEARLY, MONTHLY, AND WEEKLY BASIS.

I REGULARLY ALLOCATE TIME FOR SELF-REINVENTION.

I REGULARLY DISCONNECT FROM DISTRACTIONS TO ALLOW MY INTUITION TO EMERGE

I SOLICIT & VALUE CONSTRUCTIVE FEEDBACK CONSISTENTLY.

I LOOK FORWARD TO MONDAY MORNINGS WITH ENTHUSIASM ON SUNDAY NIGHTS.

- CELEBRATE THE HIGH SCORES AND BUILD ON THEM.
- TAKE UNAPOLOGETIC ACTION ON LOW SCORES.
- RELEASE WHAT NO LONGER SERVES YOU.
- HOLD ON TO WHAT WORKS.

FROM FEAR TO FLOURISH

ENHANCING SELF-CONCEPT THROUGH COURAGE

INTRODUCING THE RELATIONSHIP BETWEEN FEAR AND SELF-CONCEPT

Fear significantly impacts self-concept, leading to self-doubt and avoidance behaviors. Addressing and managing fear is crucial for personal growth and developing a resilient self-concept.

WHY ADDRESS FEAR?:

Fear distorts self-image and prevents growth. Tackling fear transforms negative influences into strength and resilience.

SCIENTIFIC & PHILOSOPHICAL FOUNDATIONS:

Carl Rogers: Fear impedes self-actualization by creating conflict between the real and ideal self.

Albert Bandura: Fear of failure undermines self-efficacy, leading to decreased motivation.

Stoic Philosophy: Stoics like Epictetus and Marcus Aurelius advocated for mastering fear through rational examination.

TOOLS & STRATEGIES TO OVERCOME FEAR

To help you navigate and mitigate the impact of fear on your self-concept, a range of practical tools and exercises exist.

Here we focus on the **“Fear-Setting Exercise” (Inspired by Tim Ferriss):**

- **Define Fears:** Identify and articulate your fears in detail.
- **Preventive Measures:** Consider steps to prevent these fears from materializing.
- **Repair Strategies:** Develop plans to repair any potential damage if your fears come true.
- **Positive Outcomes:** Reflect on the benefits of taking action despite your fears.
Cost of Inaction: Analyze the cost of not taking action and staying in your comfort zone.

Addressing fear is not just about overcoming obstacles; it is about reclaiming your power and reinforcing your self-concept. By integrating these tools and strategies into your daily life, you can transform fear from a barrier into a catalyst for growth and resilience. This section aims to provide you with the insights and practical steps needed to face your fears head-on, ultimately leading to a more empowered and unwavering sense of self. Check the worksheet on page 27.

FEAR SETTING

On this page get up close and personal with your fears. Instead of shying away from thinking about it, you dive in head-first to understand them more clearly.

DEFINE: LIST OUT EVERYTHING YOU FEAR ABOUT THE IDEA OF TAKING ACTION.

1 _____

5 _____

2 _____

6 _____

3 _____

7 _____

4 _____

8 _____

PREVENT: LIST WAYS YOU COULD REDUCE THE LIKELIHOOD OF EACH OF THE WORST-CASE SCENARIOS FROM HAPPENING.

1 _____

5 _____

2 _____

6 _____

3 _____

7 _____

4 _____

8 _____

REPAIR: LIST THE WAYS YOU COULD REPAIR THE DAMAGE IF WORST CAME TO WORST.

1 _____

5 _____

2 _____

6 _____

3 _____

7 _____

4 _____

8 _____

Now, in the **Define** section, assess the impact of the worst-case scenario. Rate 1-10, with 1 being very minimal impact and 10 being permanently life-altering in a significant way.

POTENTIAL BENEFITS OF TAKING ACTION

Consider the Potential Benefits of Taking Action. On this page, give yourself space to be more open and consider what might go right if you do take action. Write down all the positive benefits of even an attempt or partial success at taking action. Check Tim Ferris's Website and his [@TED Talk](#) about the model.

Handwriting practice area consisting of 24 horizontal lines. The first four lines have a light gray rectangular tab on the right side. The remaining 20 lines are plain.

Now, assess the potential positive benefit of these successes. Rate 1-10, with 1 being very minimal impact and 10 being permanently life-altering in a significant way.

FEAR SETTING

CONSEQUENCES OF INACTION

Consider all the consequences of Inaction including financial, emotional, and physical at each time on the horizon. Be detailed, this step is equally as important as the others but often forgotten in decision-making.

6 MONTHS

1 _____

5 _____

2 _____

6 _____

3 _____

7 _____

1 YEAR

1 _____

5 _____

2 _____

6 _____

3 _____

7 _____

3 YEARS

1 _____

5 _____

2 _____

6 _____

3 _____

7 _____

The purpose of this exercise is to understand the true severity of 'worst-case scenarios,' the benefits of an attempt or even partial success & the power of getting away from comfort & status quo. Take time to examine significant fears more closely to keep yourself grounded in reality and focused on taking action.

"I am an old man and have known a great many troubles, but most of them never happened."—Mark Twain



Thank you for taking the time to explore a glimpse of our playbook.

We are thrilled to invite you to immerse yourself in the transformative journey that awaits within these pages. As you delve into each section, you will unravel a rich tapestry of self-discovery, unlock hidden potentials, and embrace your true essence. This profound shift in your sense of self will guide you towards actualization, empowerment, and fulfillment.

Our carefully crafted guide is more than just a playbook; it is your steadfast companion on the extraordinary quest to create the life you aspire to. With each turn of the page, you will gain valuable knowledge and powerful tools to support your evolution and transcend the boundaries that once held you back.

Prepare to be captivated by the wisdom contained within these pages. Embark on a transformative odyssey that will illuminate the trajectory of your life.

Are you ready to embrace this epic adventure? *Join the Playbook Extravaganza experience now and unleash the boundless power within you to shape your own destiny. Your transformation awaits, ready to @unfold in all its magical beauty.*

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