
From Passive Action to Massive Action Workbook

7 Keys to Consistently Bringing Your A-Game



The Backwards Bucket List

- Write down your _____
- Write down your _____
- Capture the _____ from early in your career
- Capture the _____ that you've experienced
- Write down the _____ that you've lived through

In the next 1-3 years, I am looking to:

- _____
- _____
- _____

Why is this important to you now?

- _____ won't stop for you
- _____ sucks
- You have allowed your life/career to be controlled by _____
_____ for too long
- You have dreams and goals that you've _____
- It's time to _____

What do you want?

Key #1:

- What is your definition of GOOD?

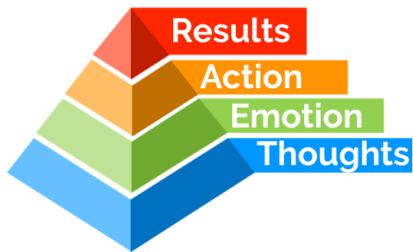
A thing is good when
it has all of the _____
needed to fulfill its _____

- Your need to _____ and clearly _____ your INTENTIONS or PURPOSE
- Then, and only then, can you start the discussion about _____ or PROPERTIES

Key #2:

- _____ begins with a _____
- Most of our problems aren't "_____" problems.
- Most of our problems are _____ problems.

The TEAR Framework



Typical Framework for Change (and taking massive action)



TEAR Framework for Massive Action

- Raise Your Level of _____
- Shift your _____ (use as a tool)
- _____ will follow
- _____ come naturally (*this doesn't mean without effort*)

"We cannot solve today's problems from the same level of thinking we were at when we created them." - Albert Einstein

Key #3:

The Science of Axiology (Value Dynamics)

- When you _____ the laws of value, you _____ value.
- When you _____ the dimensions of value, you _____ or _____ value.

3 Hierarchical Dimensions of Value

Dimension	Description
	personal or spiritual; infinitely valuable; irreplaceable; human beings (intangibles)
	practical or situational; measurable, tracked; tasks (tangible)
	plans, rules, best practices, procedures; ideas or expectations

"Most of the mistakes in thinking are inadequacies of perception rather than mistakes of logic." - Edward De Bono

Key #4:

- To reach your target RESULTS, you must take ACTION
- To take ACTION, you must shift your THINKING.
- ____% of our behaviors come from our thinking habits or the way we perceive the world around us and within us

Quiz #1

Item	Dimension of Value	Your Answer	Correct Answer
a) Being Productive			
b) Being Right			
c) Accepting Others			

Quiz #2

Item	Dimension of Value	Your Answer	Correct Answer
a) Your Possessions			
b) Your Goals			
c) Loving Yourself			

Your B-Game

- Your Cognitive _____
- Turn into your Lie-abilities
- Cause _____ value judgments
- Is _____ by the VQ Profile

Your A-Game

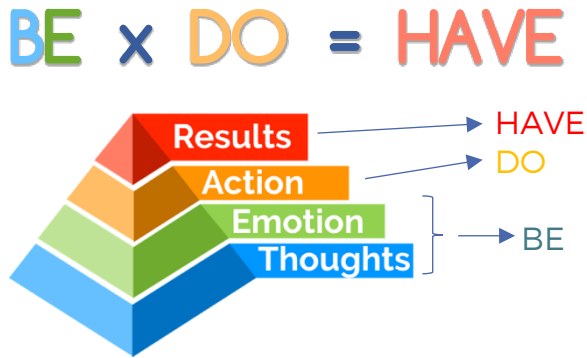
- Exists in Your Cognitive _____
- Can be _____ at any time
- Allows you to make _____ value judgments
- Is _____ by the VQ Profile

"The primary cause of unhappiness is never the situation but your thoughts about it." - Eckhart Tolle

Key #5:

Purpose Myth

- Most people think they _____ their purpose.
- Truth: You are a _____. You _____ your purpose.



Notes:

"Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power."
- Lao Tzu

Key #6:

Disappearing Power

- 1960's study for NASA by Dr. Land and Dr. Jarvis
- Studied 1,600 3 to 5-year-olds
- 98% tested as having genius level of creativity
- fast-forward 5 years
 - 8 to 10-year-olds: 30%
- fast-forward 5 more years
 - 13 to-15-year-olds: 12%
- Astonished they gave the test to one million "grown-ups"
- ONLY 2% tested as creative geniuses

Obstacles

- Give our _____ away
- Play the _____ role
- Stop _____ & _____
- Lack a _____ / _____ / _____

How do you give your power away?

How could you rewrite that story? How could you think better?

Key #7:

- This is the key to _____ action & _____ your mind
- _____ to effectively change your habits
- Secret to success: Create _____
 - _____
 - _____
 - _____
 - _____

What is your morning routine? Does it support you, give you energy and momentum to start your day strong?

What is your evening routine? Does it support you and prepare you to make tomorrow amazing?

Develop Your Power to Take Massive Action

Here are the 7 Keys:

1. Set Your Intentions
2. Master the Mental Fundamentals
3. Understand Value Dynamics
4. Master Your Mindset
5. Create Your (Being) Purpose
6. Reclaim Your Power
7. Craft Your Plan

Which of these do you want?

- ☐ Become a better leader
- ☐ Find Peace amidst the storms
- ☐ Create Massive Value
- ☐ Reclaim Your Power
- ☐ Take Massive Action
- ☐ Boldly Pursue your Dreams
- ☐ Stop Procrastinating
- ☐ Bring Joy to Your Journey
- ☐ Get Started TODAY!

Your Next Steps (promises and commitments to yourself and your future self)

Notes:
