



### Cycle 1: Connection & Alignment

- Connect with self first and align with higher picture / higher Self
- Include people who share your commitment
- Step together into bigger vision of shared possibility

### Cycle 2: Depth & Imagination

- Be open to a wide range of possibilities
- Get in deep – avoid premature editing of ideas
- Beware of “action addiction” so you don’t miss out on the best idea

### Cycle 3: Options & Impacts

- Bring in the analytical mind and select ideas generated from depth & imagination
- Look at the who, what, where, when, and how
- Need at least 3 choices to evaluate and analyze against 3 varying impacts
- Less than 3 options is not a true choice

### Cycle 4: Fulfillment

- Use clear, committed speaking to direct action
- Understand the importance of promises, requests, and commitments
- Stand behind your “yes” “no” “commit to commit” or “counteroffer”
- Manage the conversation, not the people

### Cycle 5: Appreciation & Learning

- Debrief on what you’ve learned, accomplished, and appreciated
- Provide specific examples as to how or why something worked
- Be specific when appreciating others and their contribution

Create goals. Live possibility. Be happy.