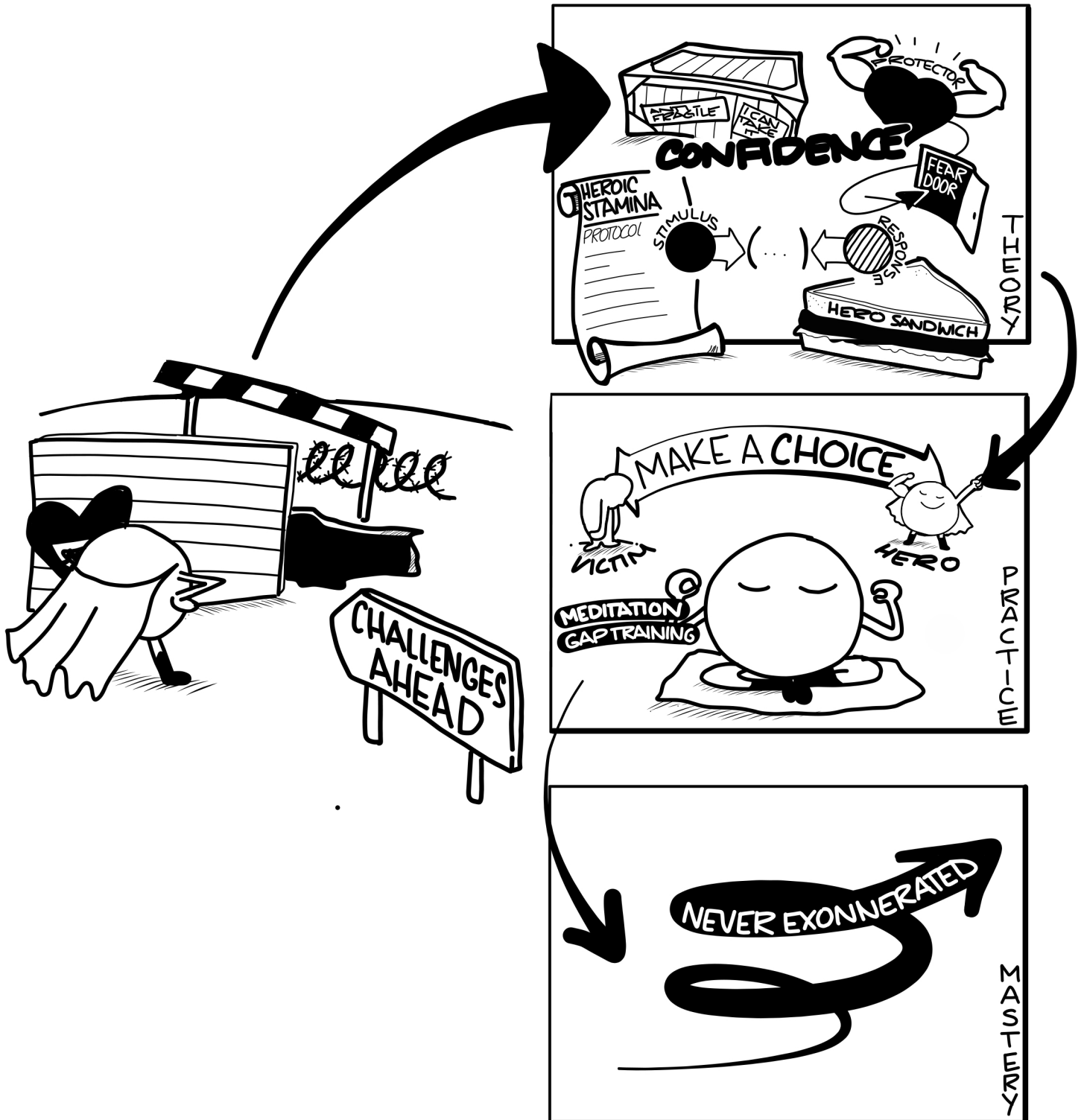


HERO-OLOGY ^{PART I}

THE BIG PICTURE

THE STUDY OF A GOOD HERO AND HOW TO CREATE

ANTIFRAGILE CONFIDENCE + HEROIC COURAGE + RESPONSE-ABILITY



HEROIC PROTOCOL

CULTIVATE EMOTIONAL STAMINA

IDENTIFY (AND THEN PRACTICE) THE HABITS
AND BEHAVIORS THAT KEEP YOU AT YOUR BEST.

my PROTOCOL

WHAT **DO** YOU DO
WHEN YOU'RE "ON"?

WHAT **DON'T**
YOU DO?

WHAT'S YOUR **#1 SELF CARE HABIT**:
THE NUMBER ONE THING YOU DO THAT KEEPS YOU PLUGGED IN?



HERO SANDWICH

FEAST ON CHALLENGES

COMPLETE THE HERO BUILDING PROCESS BELOW

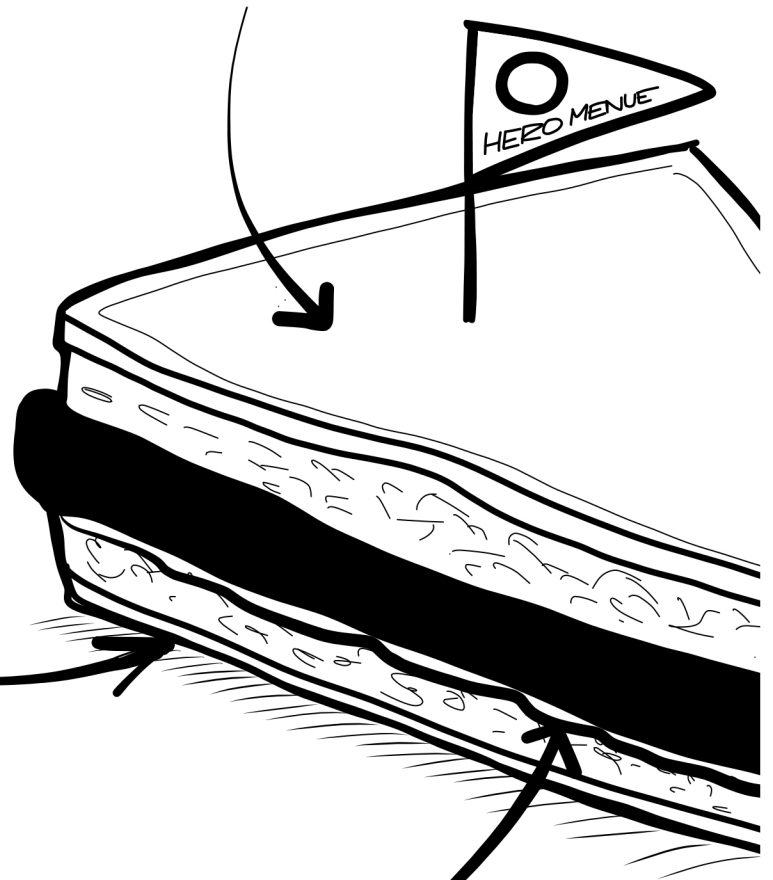
TO ALCHEMIZE OBSTACLES INTO VIRTUE-FILLED FUEL FOR GROWTH

1 WHAT IS THE #1 OBSTACLE
YOU'RE CURRENTLY
FACING?

2 HOW CAN YOU BRING
MORE WISDOM TO
THE SITUATION?

3 WHAT ARE YOU DOING
TO MAINTAIN SELF-MASTERY
VIA YOUR ENERGY?

4 APPLY VIRTUE "CONDIMENTS"
OF GRATITUDE + HOPE + ZEST + LOVE



MEDITATION

STEP IN BETWEEN STIMULUS & RESPONSE

DEVELOPING RESPONSE-ABILITY &
PROACTIVENESS THROUGH TRAINING



CHOICE TRACKER

VICTIM OR HERO?

CHOOSE TO STEP FORWARD INTO GROWTH
MORE AND MORE CONSISTENTLY

DURING THE NEXT WEEK, KEEP TRACK OF
THE MOMENTS WHEN YOU EXPERIENCE A CHOICE-POINT
AND DECIDED TO GO FORWARD INTO GROWTH. NOTE THESE
MOMENTS WITH A SIMPLE "+" OR PROVIDE MORE DETAIL

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday