

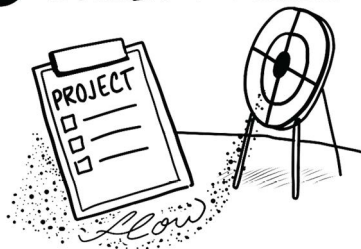
HERO-LOGY PART III

THE STUDY OF A GOOD HERO AND HOW TO CREATE
ANTIFRAGILE CONFIDENCE + HEROIC COURAGE + RESPONSE-ABILITY

1 THE 3 QUESTS + U



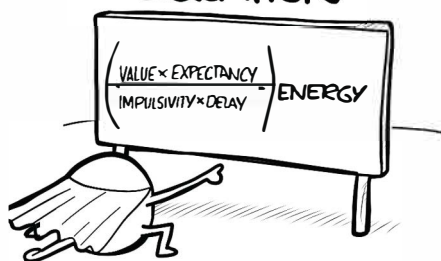
2 TARGET PRACTICE



3 WOOP



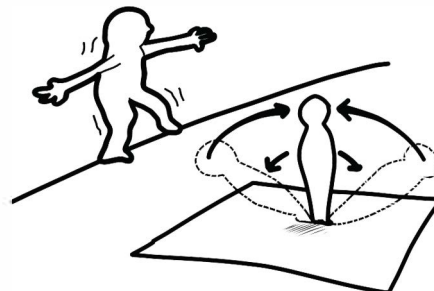
4 THE MOTIVATION EQUATION



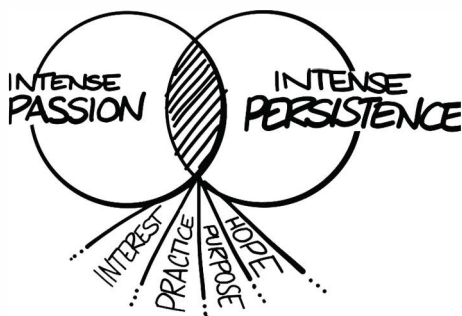
5 DYNAMIC TENSION



6 DYNAMIC EQUILIBRIUM



7 GRIT



8 COURAGE QUOTIENT



9 THREAT VS CHALLENGE



10 THE HERO GYM



11 IN CASE OF... BREAK GLASS



3 QUESTS

UNIVERSAL + UNIQUE + ULTIMATE

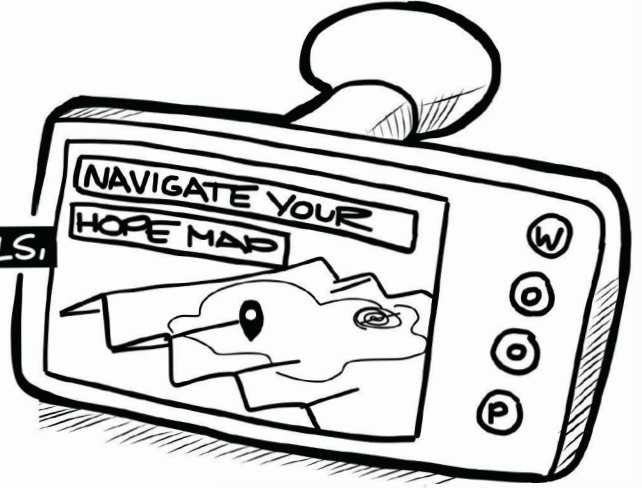
GAINING CLARITY ON WHAT YOU'RE HERE TO DO.



WOOP

THE SCIENCE OF MAKING DREAMS A REALITY

USE THIS FOUR STEP PROCESS ON BIG GOALS,
SMALL GOALS, AND EVERYTHING IN BETWEEN.

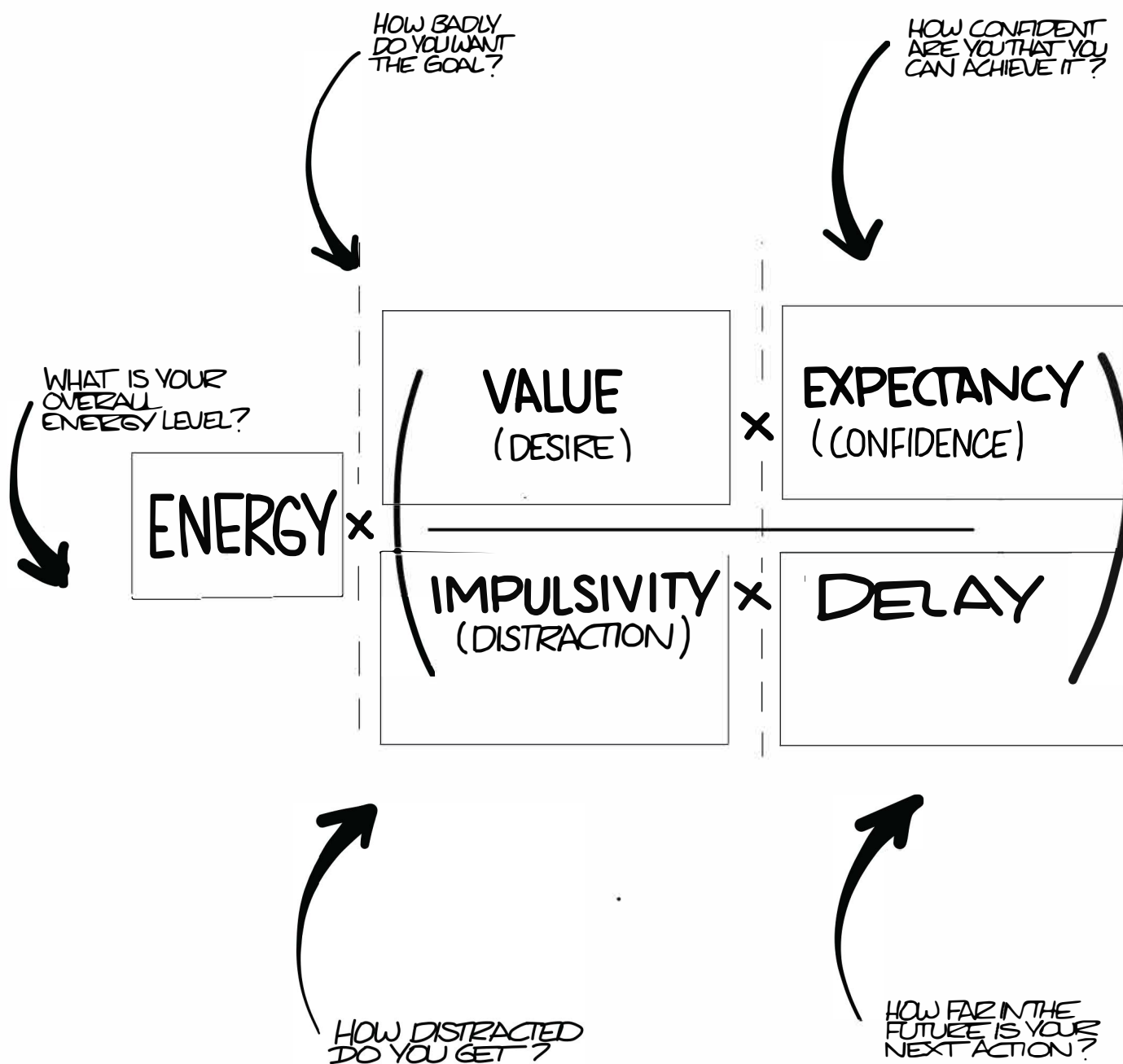


THE MOTIVATION EQUATION

THE SCIENCE OF CULTIVATING AND SUSTAINING MOTIVATION

GIVE EACH VARIABLE A 1-10 SCORE AND ASSESS YOUR MOTIVATION.

WHERE ARE YOU STRONG, WHERE ARE YOU WEAK? HOW WILL YOU OPTIMIZE?



GRIT

THE SCIENCE OF PASSION + PERSEVERANCE

OPTIMIZE THE FOUR CHARACTERISTICS OF GRIT TO GET BACK UP
EVERY TIME YOU GET KNOCKED DOWN



DO YOU HAVE AN
INTRINSIC, PERSONAL
INTEREST IN YOUR GOAL,
AT AN INTENSE LEVEL?

INTEREST
PRACTICE
PURPOSE
HOPE

DESCRIBE THE BETTER
FUTURE THAT YOU SEE.
WHAT BUILDS YOUR
CONFIDENCE IN CREATING
THAT FUTURE? HOW CAN
YOU INCREASE YOUR
COMMITMENT TO DO
WHATEVER IT TAKES FOR
HOWEVER LONG IT TAKES?

HOW WILL YOU
ENGAGE WITH YOUR
GOAL AT AN INTENSE
LEVEL?

HOW IS YOUR GOAL
SERVING SOMETHING
BIGGER THAN
YOURSELF?

OPTIMIZE VIRTUES LIST

EUDAIMONIA VIA ARETÉ | FLOURISHING VIA VIRTUES IN ACTION

USE THIS LIST AS A RESOURCE TO HELP YOU IDENTIFY

THE VIRTUES THAT YOU'D LIKE TO OPERATIONALIZE IN YOUR LIFE

ABUNDANCE
ACCEPTANCE
ACCESSIBILITY
ACCOMPLISHMENT
ACCOUNTABILITY
ACCURACY
ACHIEVEMENT
ACKNOWLEDGEMENT
ACTIVENESS
ADAPTABILITY
ADORATION
ADROITNESS
ADVANCEMENT
ADVENTURE
AFFABILITY
AFFECTION
AFFLUENCE
AGREEABLENESS
AGGRESSIVENESS
ABILITY
ALERTNESS
ALTRUISM
AMAZEMENT
AMBITIOUSNESS
AMIABILITY
AMICABILITY
AMUSEMENT
ANTICIPATION
ANTIFRAGILITY
APPRECIATION
APPROACHABILITY
APPROVAL
ARETÉ
ARTICULACY
ARTISTIC
ASSERTIVENESS

ASSURANCE
ATTENTIVENESS
ATTRACTIVENESS
AUDACITY
AVAILABILITY
AWARENESS
AWE
BALANCE
BEAUTY
BEING
BELONGING
BENEVOLENCE
BLISS
BOLDNESS
BRAVERY
BRIGHTNESS
BRILLIANCE
BROAD-MINDED
BUOYANCY
CALCULATING
CALMNESS
CANDOR
CAPABILITY
CAREFULNESS
CERTAINTY
CHARITY
CHARM
CHEERFULNESS
CLARITY
CLEANLINESS
CLEAR-MINDEDNESS
CLEVERNESS
CLOSENESS
COLLECTEDNESS
COMFORT
COMMITMENT

COMMUNICATING
COMMUNITY
COMPASSION
COMPETENCE
COMPETITIVENESS
COMPLETENESS
COMPOSURE
CONCENTRATION
CONFIDENCE
CONGRUENCY
CONNECTION
CONSCIENTIOUSNESS
CONSCIOUSNESS
CONSERVATION
CONSIDERATION
CONSISTENCY
CONTENTMENT
CONTINUITY
CONTRIBUTION
CONTROLLABILITY
CONVICTION
CONVIVIALITY
COOLNESS
COOPERATION
CORDIALITY
CORRECTNESS
COURAGE
COURTEOUSNESS
CRAFTINESS
CREATIVITY
CREDIBILITY
CUNNINGNESS
CURIOSITY
DARINGNESS
DECISIVENESS
DELIGHTFULNESS

DEPENDABILITY
DEPTH
DESIRE
DETERMINATION
DEVOTION
DEVOUTNESS
DEXTERITY
DIGNITY
DILIGENCE
DIPLOMACY
DIRECTNESS
DISCIPLINE
DISCOVERY
DISCRETION
DIVERSITY
DOMINANCE
DRIVE
DUTY
DYNAMICISM
EAGERNESS
EASYGOINGNESS
ECONOMY
EDUCATION
EFFECTIVENESS
EFFICIENCY
ELEGANCE
EMBODIMENT
EMBOLDEN
EMOTIVENESS
EMPATHY
ENCOURAGEMENT
ENDURANCE
ENERGY
ENJOYMENT
ENTERTAINMENT
ENTHEOS
ENTHUSIASM
ENVIRONMENTALISM
ETHICALNESS
EUDAIMONIA
EUTHYMIA
EXCELLENCE

EXCITEMENT
EXHILARATION
EXPANSIVENESS
EXPECTANCY
EXPEDIENCY
EXPERIENCE
EXPERTISE
EXPLORATION
EXPRESSIVENESS
EXTROVERSION
EXUBERANCE
FAIR-MINDEDNESS
FAIRNESS
FAITHFULNESS
FAMILIAL
FASCINATION
FEARLESSNESS
FEROCITY
FIDELITY
FIERCENESS
FIERINESS
FINANCIAL INDEPENDENCE
FIRMNESS
FITNESS
FLAMBOYANCE
FLEXIBILITY
FLOWABILITY
FLUENCY
FLUIDNESS
FOCUS
FORCEFULNESS
FORGIVENESS
FORTITUDE
FRANKNESS
FREEDOM
FRIENDLINESS
FRUGALITY
FUN
FUNNINESS
GALLANTRY
GENEROUSITY

GENTLENESS
GIANT
GIFTEDNESS
GIVER
GOODNESS
GRACEFULNESS
GRATITUDE
GREGARIOUSNESS
GRIT
GROWTH
GUIDANCE
HAPPINESS
HARD WORK
HARMONY
HEALTH
HEART
HELPFULNESS
HEROS
HOLINESS
HONESTY
HONOR
HOPE
HOSPITALITY
HUMANITY
HUMILITY
HUMOR
IMAGINATION
IMPACT
IMPARTIALITY
INDEPENDENCE
INDIVIDUALITY
INDOMITABILITY
INDUSTRY
INFLUENCE
INGENUITY
INQUISITIVENESS
INSIGHT
INSPIRATION
INSTRUCTIVENESS
INTEGRATION
INTEGRITY
INTELLECTUALNESS

INTELLIGENCE
INTENSITY
INTIMACY
INTREPIDNESS
INTROSPECTION
INTROVERSION
INTUITION
INVENTION
INVESTOR
INVOLVEMENT
JOY
JUDICIOUSNESS
JUDGMENT
JUSTICE
KEENNESS
KINDNESS
KNOWLEDGE
LEADERSHIP
LEARNING
LIBERATION
LIBERTY
LIGHT
LIGHTNESS
LIVELINESS
LOGIC
LONGEVITY
LOVE
LOVINGNESS
LOYALTY
MAJESTY
MAKING A DIFFERENCE
MARRIAGE
MASTERY
MATURITY
MEANING
MEEKNESS
MELLOWNESS
METICULOUSNESS
MIGHTYNESS
MINDFULNESS
MODERATION
MODESTY

MOTIVATION
MYSTERIOUSNESS
NATURE
NEATNESS
NERVE
NICENESS
NONCONFORMITY
OPEN-MINDEDNESS
OPENNESS
OPTIMISM
OPTIMIZING
ORDER
ORGANIZATION
ORIGINALITY
OUTDOORS
PARTNERSHIP
PATIENCE
PASSIONATENESS
PEACE
PERCEPTIVENESS
PERKINESS
PERSEVERANCE
PERSISTENCE
PERSPECTIVE
PERSUASIVENESS
PESKINESS
PHILANTHROPY
PHILOSOPHY
PIETY
PIONEER
PLACIDITY
PLAY
PLUCKINESS
PLEASANTNESS
PLEASURE
POISE
POLISHEDNESS
POLITENESS
POPULARITY
POWER
PRACTICALITY
PRAGMATISM

PRECISION
PREPAREDNESS
PRESENCE
PRIDE
PRIVACY
PROACTIVITY
PROFESSIONALISM
PROSPERITY
PRUDENCE
PUNCTUALITY
PURITY
PURPOSE
QUICK-WITTEDNESS
QUIETNESS
RATIONALITY
REALISM
REASON
REASONABILITY
RECOGNITION
RECREATION
REFINEMENT
REFLECTION
RELAXATION
RELIABILITY
RELIEF
RELIGIOUSNESS
REPUTATION
RESERVATION
RESILIENCE
RESOLUTION
RESOLVE
RESOURCED
RESPECT
RESPONSIBILITY
REST
RESTRAINT
REVERENCE
RICHNESS
RIGOR
SACREDNESS
SACRIFICE
SAGACITY

SAINTLINESS
SANGUINITY
SATISFACTION
SCIENCE
SECURITY
SELF-AWARENESS
SELF-CONTROL
SELFLESSNESS
SELF-REGULATION
SELF-RELIANCE
SELF-RESPECT
SENSIBILITY
SENSITIVITY
SERENITY
SERVICE
SHARER
SHREWDNESS
SIGNIFICANCE
SILENCE
SILLINESS
SIMPLICITY
SINCERITY
SKILL
SLIPPERINESS
SOCIABILITY
SOCIAL INTELLIGENCE
SOLIDARITY
SOLITUDE
SOPHISTICATION
SOUNDNESS
SPEED
SPIRIT
SPIRITUALITY
SPONTANEITY
SPUNKNESS
STABILITY
STILLNESS
STRAIGHTNESS
STRENGTH
STRUCTURE
SUCCESS
SUPPORT








SUPREMACY
SURPRISE
SWIFTNES
SYMPATHY
SYNERGY
TEAMWORK
TELOS
TEMPERANCE
THOROUGHNESS
THOUGHTFULNESS
THRIFT
TIDYNESS
TIGHTNESS
TIMELINESS
TOUGHNESS
TRADITIONALISM
TRANQUILITY
TRANSCENDENCE
TRICKINESS
TRUST
TRUSTWORTHINESS
TRUTH
UNASSUMINGNESS
UNDERSTANDABILITY
UNFLAPPABILITY
UNIQUENESS
UNITY
UNRELENTINGNESS
USEFULNESS
UTILITY
VALOR
VARIETY
VERSATILITY
VICIOUSNESS
VICTORY
VIGOR
VIRTUE
VISION
VITALITY
VIVACITY
VOLUNTEERING
WARMHEARTEDNESS

WARMTH
WATCHFULNESS
WEALTH
WHOLENESS
WILLFULNESS
WILLINGNESS
WINNINGNESS
WISDOM
WITTINESS
WONDER
WORTHINESS
YOUTHFULNESS
ZEALNESS
ZEST

MICRO W.I.N.

DO WHAT'S IMPORTANT NOW

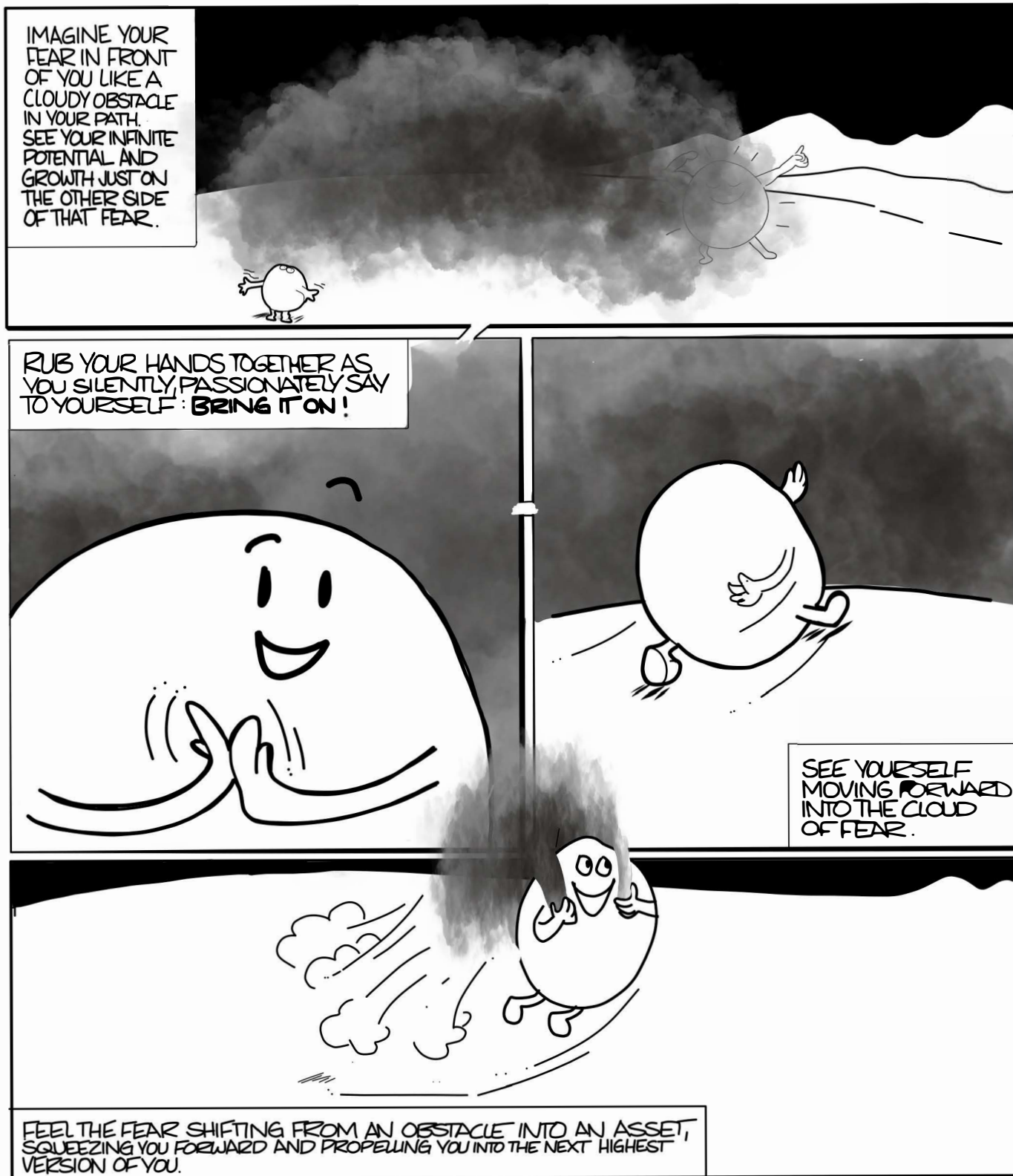
WHAT NEXT MICRO-ACTION MIGHT HELP YOU MOVE FROM WHERE YOU ARE TO WHERE YOU WANT TO BE? DO THAT THING.

WHAT'S IMPORTANT NOW?	COMPLETED	NOTES
		
		
		
		
		
		
		

"BRING IT ON!"

COURAGEOUSLY APPROACH YOUR NEXT CHALLENGE

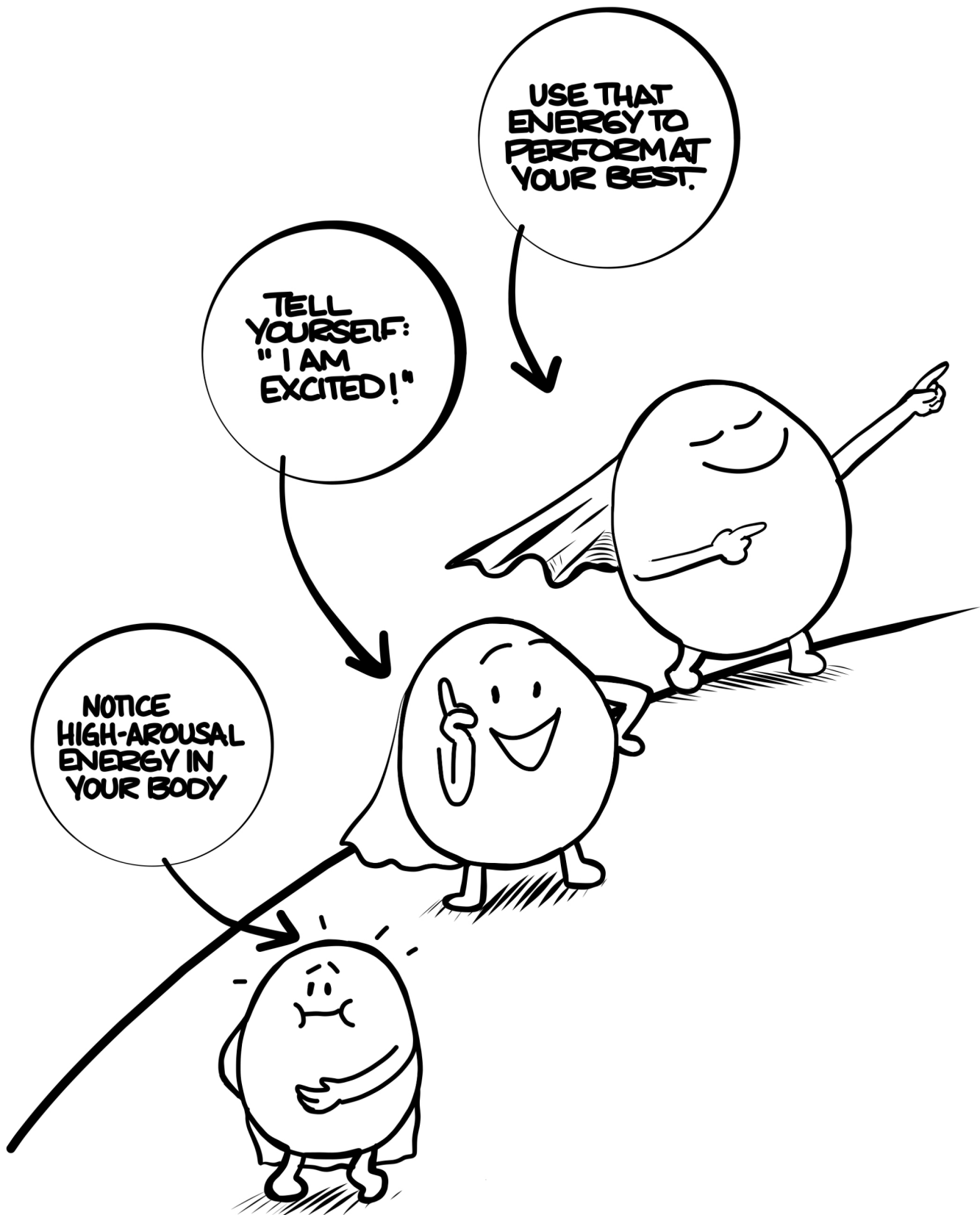
USE "BRING IT ON!" WHEN FEAR IS PREVENTING YOU FROM
TAKING ACTION IN THE DIRECTION OF YOUR GOALS.



"I'M EXCITED!"

CHANNELING HIGH-AROUSAL ENERGY POSITIVELY

**USE "I'M EXCITED!" ANY TIME YOUR BODY
IS PREPARING TO MEET A CHALLENGE**



WASTE NO TIME REGAINING YOUR BALANCED MIND.

GET KNOCKED OUT OF BALANCE OR OFF-CENTER.



NOTES:

"THAT'S LIKE ME!"

INCREASE PERFORMANCE BY BUILDING YOUR SELF-IMAGE

USE "THAT'S LIKE ME" EVERYTIME YOU EXECUTE A PART OF YOUR
PROCESS OR DO WHAT YOU SAID YOU WOULD DO

ANYTIME YOU PERFORM
AN ACTION OR BEHAVIOR
THAT...

E.G.

IS PART
OF THE
PROCESS
THAT WILL HELP
YOU ACHIEVE
YOUR GOAL

E.G.

YOU'D
LIKE TO
REPEAT

IS WHAT
YOU SAID
YOU WERE
GOING TO DO

E.G.

THAT'S LIKE
ME!

