

The Printable *Playbook*

You didn't read the book just to feel motivated. You read it because something in you knows you're capable of more. This playbook is where that becomes real — where the ideas turn into actions, the lessons become habits, and the message becomes a standard you hold yourself to.

HOW IT WORKS

One page per concept. Each follows the same flow — a truth to anchor you, where it shows up in your life, what needs to change, and one step to move on immediately:

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|-----------------|---------------------------------------|
| REMINDER | A simple truth to anchor you. |
| REFLECT | Where it shows up in your life. |
| DECIDE | What needs to change. |
| ACT | One step to move forward immediately. |

BEFORE YOU START

Don't overcomplicate it. You don't need a perfect plan — you need movement. The process is simple, but it's meant to be repeated. As your life changes, your answers will too. Come back to these pages often, and you'll keep finding new room to grow.

Progress doesn't come from knowing more. It comes from doing more with what you already know.

01

Own It. Every Day.

Responsibility is where growth begins.

REMINDER

Everything changes when you take ownership. The moment you stop looking outward and start looking inward is the moment you take back control.

Ownership is where your power lives.

REFLECT

→ Where am I blaming instead of owning?

→ What situation have I been explaining instead of improving?

DECIDE

→ What does full ownership look like here?

→ If I removed every excuse, what would I need to do differently?

ACT — ONE STEP, STARTING NOW

What is one action I can take today to move this forward?

02

Time Is Your Edge

Your life is built by how you spend your time.

REMINDER

You don't find time. You use it. Every day is a reflection of what you chose to prioritize.

You don't need more time. You need better decisions with the time you have.

REFLECT

→ Where is my time actually going?

→ What am I spending time on that isn't helping me grow?

DECIDE

→ What deserves more of my time?

→ What needs to be reduced or removed completely?

ACT — ONE STEP, STARTING NOW

What is one change I will make today with how I use my time?

03

The Comfort Ceiling

Growth starts where comfort stops.

REMINDER

Discomfort isn't a warning sign. It's a signal that you're growing.

Most people stop there. You don't have to.

REFLECT

→ Where have I been choosing comfort over growth?

→ What have I been avoiding because it feels uncomfortable?

DECIDE

→ Where do I need to stretch right now?

→ What would growth actually require from me?

ACT — ONE STEP, STARTING NOW

What is one uncomfortable action I will take this week?

04

Train Your Inner Voice

It will push you forward or hold you back.

REMINDER

Not every thought you have is true.

If you don't train your voice, it will train you.

REFLECT

→ What does my inner voice say when I hesitate?

→ When was the last time it talked me out of something I should have done?

DECIDE

→ What do I want that voice to sound like instead?

→ What belief do I need to replace?

ACT — ONE STEP, STARTING NOW

The next time it shows up, I will pause, challenge it, and act anyway.

05

Relentless Improvement

Reflect, adjust, and keep moving forward.

REMINDER

The past is there to teach you, not trap you.

You don't grow by replaying it. You grow by learning from it.

REFLECT

→ What recent situation can I learn from?

→ What worked, and what didn't?

DECIDE

→ What will I do differently next time?

→ What lesson am I taking with me?

ACT — ONE STEP, STARTING NOW

What is one adjustment I will make immediately?

06

Seek Truth. Not Praise.

The right people don't flatter you, they sharpen you.

REMINDER

Growth doesn't come from being told you're doing great.

It comes from being shown where you can be better.

REFLECT

→ Who in my life challenges me to grow?

→ Where might I be avoiding feedback because it's uncomfortable?

DECIDE

→ Who do I need to learn from more?

→ Am I willing to hear what I need to hear, not just what I want to hear?

ACT — ONE STEP, STARTING NOW

Who is one person I will reach out to for honest feedback?

07

Unlock Your Hidden Gear

You are capable of more than you think — especially when it's hard.

REMINDER

That moment where you feel like stopping is usually the moment that matters most.

That's where your next level begins.

REFLECT

→ Where have I been stopping when it gets uncomfortable?

→ When was the last time I pushed past that point?

DECIDE

→ What would it look like to stay in it a little longer?

→ Where do I know I have more to give?

ACT — ONE STEP, STARTING NOW

The next time I want to stop, I will stay in it just a little longer.

08

Lead Before You Are Asked

Leadership starts with how you lead yourself.

REMINDER

No one is coming to lead you.

If it's going to happen, it's going to be because you lead yourself there.

REFLECT

→ Where am I waiting for someone else to push me?

→ Where do I know what to do, but I'm not doing it?

DECIDE

→ What standard do I need to hold myself to?

→ What would it look like if I became someone I could fully trust?

ACT — ONE STEP, STARTING NOW

What is one promise I will make to myself today and follow through on?

09

Finish What You Start

Starting is common. Finishing is rare.

REMINDER

Most people don't fail.

They stop too early.

REFLECT

→ What have I started but not followed through on?

→ Where did I stop swinging the hammer because I couldn't yet see the results?

DECIDE

→ What is worth finishing right now?

→ Am I willing to stay with it when it's no longer exciting?

ACT — ONE STEP, STARTING NOW

What is the next step I will take toward finishing it?

10

Leave People Better

The highest level of success is helping others become more.

REMINDER

Success is what you achieve.

Significance is who is better because of you.

REFLECT

→ Who has had the greatest impact on my life, and what did they do that made a difference?

→ How have I been showing up for others — where could I be more present or encouraging?

DECIDE

→ What does 'leaving people better' look like in my daily life?

→ Who needs more from me right now?

ACT — ONE STEP, STARTING NOW

Who is one person I will intentionally impact today?

KEEP GOING

The Process Is ***Meant to Repeat.***

You don't need to change everything at once. Start with one concept, one habit, one commitment, one action you've been postponing. Progress rarely comes from a single breakthrough — it comes from showing up day after day and doing what you know needs to be done.

MY ONE NEXT STEP

Of everything you just worked through, name the single step you'll take first — and when.

“You have already survived one hundred percent of your hardest days. The question isn't whether there is more in you. It's what you'll do with it now.”

— Chris Sund, You Are Capable of More