

FINDING WATER — THE CBA'S

“Can you CBA before you ABC?”

Interrupt the Old-Self patterns by pausing to Find Water and be Free-Self

I positively influence my relational ecosystem when I work with my fear, practice awe and operate from my free-self. Other's experience my free-self when my Strategy, Story & State are Aligned. My strategy can only be Aligned if my Stories are Balanced. My Stories can only be Balanced if my State is Clear. Instead of trying to shift Strategy, I start with State & Story.

CLEAR STATE

Go from State of Discomfort to Awareness

By Scanning

Daily Rituals: FivePalm, StateWords & Amaréis

BALANCE STORY

Go from Story of Threat to Wellbeing

By Reframing

Daily Rituals: MorningPages, MirrorTalks & VoiceOvers

ALIGN STRATEGY

Go from Strategy of Resistance to Embracing

By Integrating

Daily Rituals: Free-Self, WATER Framework & NightLights

Memorize: How do I find Water? CBA's

How do I Clear my State? Scanning

How do I Balance my Story? Reframing

How do I Align Strategy? Integrating