



A proven framework to reframe your mindset,
rebuild your plan and reignite your purpose.

Reframe Your Mindset

The first step to transformation is shifting the way you think. The **Builder™** helps you:

- *Overcome Limiting Beliefs:* Identify, challenge, and replace the negative thoughts or assumptions that have been holding you back.
- *Cultivate Positive Habits:* Intentionally create routines and behaviors that support your goals and enhance your well-being.
- *Deepen Gratitude and Growth:* Learn to connect gratitude with growth, allowing you to lead a more fulfilling and robust life.

Rebuild Your Plan

With a renewed mindset, it's time to put a plan into action. The **Builder™** guides you in creating structured, actionable steps to achieve your goals:

- *Daily Blueprints:* These structured plans help you prioritize tasks, manage your time effectively, and stay aligned with your goals. Each day becomes purposeful, balanced, and productive. This isn't just time management—it is vision management.
- *Milestone Mapping:* Break down long-term goals into manageable 30-, 60-, and 91-day milestones. This provides clarity, structure, and focus while tracking your progress.
- *Simple Progress Tracking:* Stay on course with easy-to-use tools that let you measure and celebrate your progress.

Reignite Your Purpose

Once your mindset is reframed and your plan is in place, The **Builder™** helps you reconnect with what truly matters:

- *Rediscover Your Passion:* Reflect on the activities, goals, and values that inspire and energize you. This self-exploration realigns your life with what's meaningful.
- *Leverage Your Strengths and Talents:* Identify and develop your unique abilities, skills, and qualities. When applied effectively, these strengths accelerate your success and fulfillment.
- *Create Impact:* By aligning your passion and strengths, you can build something meaningful, special, and deeply fulfilling—both in your life and in the lives of those around you.

Why the Builder™ Works

The **Builder™** provides more than a roadmap; it's a companion for personal and professional transformation. With this tool, you can regain clarity and focus, create actionable, achievable plans, realign your life with your purpose and values, and cultivate habits that foster resilience and growth. It's time to rise, rebuild, and reignite.

BUILDER™

| | |
|--------------------------------|---|
| B stands for Blueprint | The first step to creating your vision, goals, and the behaviors needed to achieve your dreams. The entire process is based on creating new behavior patterns and taking each part step by step. Most people fail because their lives are disorganized. You have behaviors that need to be either reinforced or changed, and now you can take action and track your progress. |
| U stands for Understand | By writing out your intentions, dreams, and visions, you will gain a deeper understanding of your unique self and abilities. This process helps you identify the causes of your trauma, recognize the emotions that have been locked up as a result, and understand how those emotions have either moved your life in a negative direction or prevented it from moving in the desired direction. |
| I stands for Ideal | You will identify your ideal life, both in the future and in the present. We've all heard the question, "What would you do if you could not fail?" This question is unrealistic because failure is a natural part of life. The key is to keep getting back up and starting again, over and over. |
| L stands for Lead | If you are not leading your life, then you are being led by someone or something else. That "something else" could be the event, relationship, or trauma that caused your current situation, either now or from your childhood. Lean into the pain and use it to your advantage. Instead of merely reacting to each day, take control and plan for your success. |
| D stands for Develop | Over the long term, consistently completing these daily rituals will help you develop into the person you've always wanted to be—your authentic self. This process is about creating real, day-to-day habits and behavioral changes that are both realistic and challenging. With gradual, sustained effort, you will achieve these changes. You are now in the "get busy living" phase of your life. |
| E Stands for Empathy | Self-empathy is defined as the ability to observe and recognize aspects of yourself without judgment. For me, it means opening yourself up and understanding, without judgment, the critical ways you have treated yourself in the past. By doing so, you can begin to leverage mindfulness, compassion, kindness, and self-care to foster a healthier relationship with yourself. |
| R Stands for Release | Finally, it's time to release the past and the situations that necessitated your comeback. The builder is a process designed to help you let go of the past and focus on the present. As Arthur Brooks said, "True happiness comes not when we get rid of all our problems, but when we change our relationship to them, when we see our problems as a potential source of awakening, opportunities to practice patience, and to learn." By surrendering, you become empowered. And by releasing the past, you become inspired. Now, you are ready to make your comeback. |