

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.