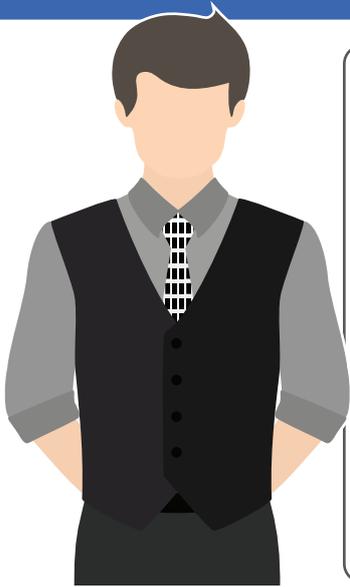


ENCOURAGED REHEARSER

As an **Encouraged Rehearser** your ability to take action and desire big achievements has yet to reach its stride. Don't worry though! Being an **Encouraged Rehearser** today, means you have room to grow!



While you have ambitions, you may find that as you try to focus on them, your rational side can overwhelm your desire to move forward.

The ambitions you have are likely ambiguous. You want to achieve more and deep down know you can but haven't settled on exactly what that achievement should be.

You may also find it difficult to see a clear path forward. This can cause you unease and ultimately prove to be a barrier to taking action.

What you do have is a deep sense of your long-term potential. You are confident, that once you put the pieces together, your potential is as great as anyone's. This knowledge helps you work through uncertainty of where your achievements will take you.

There is no ceiling to how much desire you can build and how good at taking action you can become.

SUGGESTIONS FOR ENCOURAGED REHEARSER

ACTION



Decide on and write down one S.M.A.R.T. goal that stretches you and display it somewhere prominent

Practice breaking down a big goal into small meaningful tasks

Identify something you have accomplished, no matter how small, and reward yourself

Choose something you've been wanting to do, but haven't felt ready and take the very first step



DESIRE

Reach out to one new person and invite them to lunch or coffee

Take 5 minutes everyday to visualize achieving your a goal

Reflect on your life and write down three failures or missteps and what you have learned from them

RECOGNIZED POTENTIAL



Journal every day on who you know you can become - write down three things you are grateful for, three meaningful actions you took, and one place you fell short and will do better at tomorrow



To achieve your biggest goal yet enroll in the Escalate Course at <https://kylebrost.com/escalate>

YOUR PROGRESS RADAR

Action + Desire = PROGRESS

PROGRESS RADAR SELF-REFLECTION

WHAT STOPS ME FROM PURSUING A TRULY INSPIRING GOAL?

HOW CAN I BETTER CONNECT DAILY ACTIONS TO MY GOALS?



HOW CAN I BETTER EMPHASIZE AND APPRECIATE SMALL ACTIONS?

HOW CAN I BUILD MY BELIEF IN MY GREATEST PORTENTIAL?