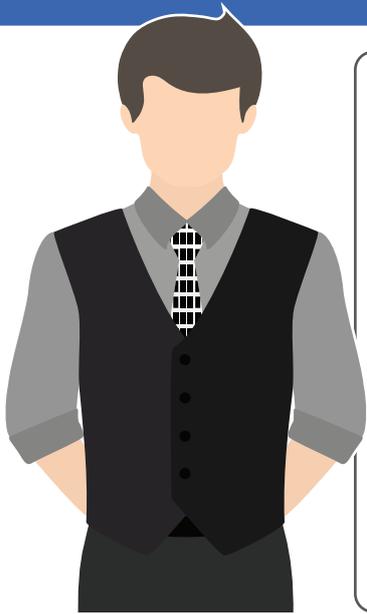


# RATIONAL REHEARSER

As a Rational Rehearser your ability to take action and truly believe in your potential has yet to reach its stride.

Don't worry though! Being a Rational 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 efforts to move forward.

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

At the same time you have phases where you doubt your ability to achieve big things, so you settle for average achievements that don't stretch you.

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.

There is no ceiling to how much desire you can build, how good at taking action you can become, and how much potential you have yet to recognize.

## SUGGESTIONS FOR RATIONAL 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



Choose someone you admire and write down five attributes about them that you also have

Write down something someone with those attributes could accomplish if they were to leverage them everyday



## YOUR PROGRESS RADAR

**ACTION**

**RECOGNIZED POTENTIAL**      **DESIRE**

**Action + Desire =**

PROGRESS

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

# 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?