

BEFORE YOU BEGIN!

**** Select "MAKE A COPY" and begin to fill out your Training Playbook****

This is your personal reset tool - designed to break the cycle of overthinking and get you into aligned, decisive action.

1. *Carve out 15–20 minutes to complete this fully.*
2. *Where you see a "→" write fill in you answers.*
3. *Afterward, use the link at the bottom to book your 15-minute integration call with Q.*

Lesson 1: Radical Ownership

What decision or action have you been avoiding - that, deep down, you know you need to take?

→

Write it out clearly. Be honest.

Lesson 2: Tactical Discomfort

What's one commitment this week that would stretch you out of your comfort zone, in service of your clarity, confidence, or growth?

→

Pick something that makes you slightly uncomfortable... but would move the needle.

Lesson 3: Emotional Audit

Where in your life do you feel most stuck, anxious, or behind?

→

What emotions comes up as you reflect on this ^? (Joy, Anger, Sadness, Fear, Shame/Guilt)

→

What might these emotions be trying to tell you? What's the information.

→

Check in with your body. Don't intellectualize this - just name it.

Lesson 4: Vision Check-In

If nothing changes, where will you be 6 months from now?

→

And if you do take bold action, what becomes possible instead?

→

If anything were possible, what would life look like 6 months from now?

→

What's ultimately in the way of you achieving that right now?

→

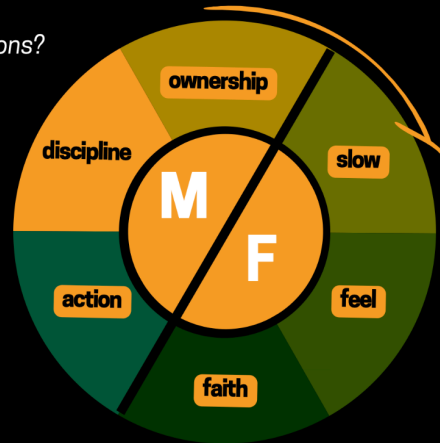
Final Step: Book Your Integration Call

This call is about taking what you're writing here and making a tactical action plan for achieving it. We'll walk through this together and map it directly to your life and leadership.

[Book Your Call Now](#)

THE RESET: THE **EMOTIONAL MASTERY** FORMULA

1. **Ownership** - What's my why? Who dictates my in/actions?
2. **Slow** - Regulate the nervous system.
3. **Feel** - Connect to the body and name what's real.
4. **Faith** - Trust what emotions are telling you.
5. **Action** - Turn emotion into movement.
6. **Discipline** - Follow through.



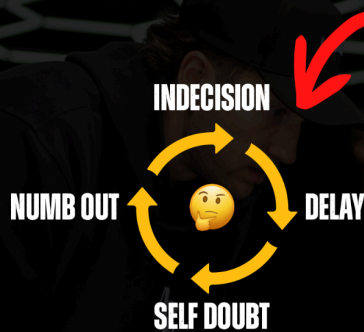
WORLD CLASS METHOD

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TWO PATHS:

1. KEEP SPINNING

2. MAKE YOUR MOVE



Book your call now

