

Create Your #67 Guide

ThisIsMy67.com

Wisdom you create for yourself—and offer to the world

In *Stop Chasing, Start Creating*, we mention the Creating Rhythm and the 66 pieces of lived wisdom but **#67 was never written**. It was always meant to be yours. Your #67 is the truth shaped by your own experience. It is the wisdom you discovered (or hope to discover) when you stopped chasing and started creating.

① REFLECT: Your Chasing Moment (3–5 minutes)

Think of **one moment or season** in your life or work when you realized you were *chasing* something: approval, busyness, control, perfection, recognition, etc.

That chase left you feeling **empty, exhausted, or misaligned**.

Now reflect:

- What were you chasing?
- What did it cost you?
- What changed when you began creating instead—meaning, rhythm, alignment, or peace?

② EXTRACT — The Lesson from the Chase (1–2 minutes)

Ask yourself:

- What truth did this experience teach you about yourself, success, or **what really matters**?
- If you could whisper **one sentence** to your past self in that moment, what would it be?

This is the *core insight* behind your #67.

③ SHAPE — Your Creating Rhythm (5 minutes)

Turn that truth into a **short, memorable saying** that you could carry with you everyday (aim for under 15 words).

You can use patterns like:

- *Stop ___, Start ___.*
- *When I stopped ___, I started ___.*
- *Meaning grows when you ___.*
- *Not all ___ is ___.*

Examples:

- “Stop chasing applause. Start creating alignment.”
- “When I stopped proving, I started growing.”
- “Busyness doesn’t equal belonging.”
- “When I stopped running, I found rhythm.”

Write your **inward version**—the one that reminds *you*.

④ CREATE — This Is My #67 (3 minutes)

Now turn your wisdom **outward**. Change “**I**” → “**you**.” Wisdom becomes meaningful for others when it moves from what *you lived* to what *others can apply*.

Example:

- Inward: *When **I** stopped trying to prove **my** worth, **I** had more time to simply be **my** worth.*
- Outward: *When **you** stop trying to prove **your** worth, **you** have more time to simply be **your** worth.*

Keep both versions: one to **anchor you** and one to **serve the world**. Remember your #67 does not need to be perfect, it only needs to be lived.

Instructions for the 3 Cards

Card 1: Keep and refine for yourself (or take a picture of it)

Card 2: Post on the board.

Card 3: Give it to someone who may need this wisdom.

#67 Draft Statement:

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#67 Final Statement (put this on the card):

ACTION: What is one small step you will take this week to live your #67