



Live the life you were created for.

Give yourself permission: Allow yourself to explore, create, play, learn, believe, dream, and fail. Make a mindset shift to "yes."

- G**
- What am I *not* allowing myself to do or believe or experience?
 - Who am I waiting on for a green light? *Why* am I waiting on someone else?
 - Where do I feel stuck? How would giving myself permission to move forward change this?
 - Have I given myself permission to fail?
 - Have I given myself permission to succeed?

Own your story: Your story matters. When your story connects to your calling, you become unstoppable.

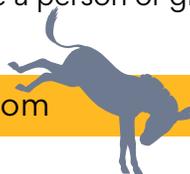
- O**
- What parts of my story am I proud of?
 - What makes me unique, "weird," or different? How can I embrace it?
 - When do I feel the most "me?" Describe it.
 - What future have you written for yourself?
 - What would you do if you knew you could not fail?

Lean into the process: Work to develop your skill, craft, vision—accept being a novice or apprentice, not yet a master.

- L**
- How am I working to improve my skill, learn my craft, or make necessary changes?
 - Does my schedule reflect my commitment to change?
 - Have I invested time and money into my vision?
 - Does feeling like an amateur make me stop working toward my goal?
 - If I knew I would achieve my goal beyond my wildest dreams, would I keep going?

Deliver your work: Your best work (and your best you) can't live in a drawer or closet. It **MUST be finished and "shipped."**

- D**
- What is my specific "ship by" date for my decision, project or work?
 - What do I need in order to finish?
 - How will having a deadline help me stop revising, polishing, and procrastinating?
 - Who will benefit from my work? How will I deliver it to them?
 - How am I holding myself accountable? Do I have a person or group to help me finish?





Live the life you were created for.

I give myself permission to

Date -----



The GOLD Brain

ACTION	BRAIN ACTIVITY & CHEMISTRY	CORPORATE IMPACT	PERSONAL IMPACT
<p>GIVE PERMISSION</p>	<p>Amygdala (fear) Prefrontal Cortex (planning & creativity)</p> <p>-Cortisol down (fight, flight) -Serotonin & Dopamine up (safety & openness)</p>	<p>Psychological safety → Innovation & engagement</p>	<p>Confidence Freedom to experiment Reduced stress</p>
<p>OWN YOUR STORY</p>	<p>Hippocampus (memory) Medial PFC (self-identity) Mirror Neurons (empathy)</p> <p>-Dopamine (attention) -Oxytocin (trust)</p>	<p>Authentic leadership → Trust Alignment Communication</p>	<p>Stronger identity Self-acceptance Deeper connection to others</p>
<p>LEAN IN</p>	<p>ACC (focus/error detection) DLPFC (persistence) DMN ↔ Exec Control toggling (imagination ↔ evaluation)</p> <p>Dopamine (motivation) Noradrenaline (focus)</p>	<p>Adaptability → Faster learning Resilience Competitive edge</p>	<p>Perseverance Clarity under pressure Personal growth</p>
<p>DELIVER</p>	<p>Motor Cortex (action) Ventral Striatum (reward) Social brain networks</p> <p>Dopamine (progress) Oxytocin (bonding)</p>	<p>Execution → Momentum Measurable wins Improvement</p>	<p>Sense of accomplishment Boosted motivation Recognition Joy</p>