Virtue Cycle

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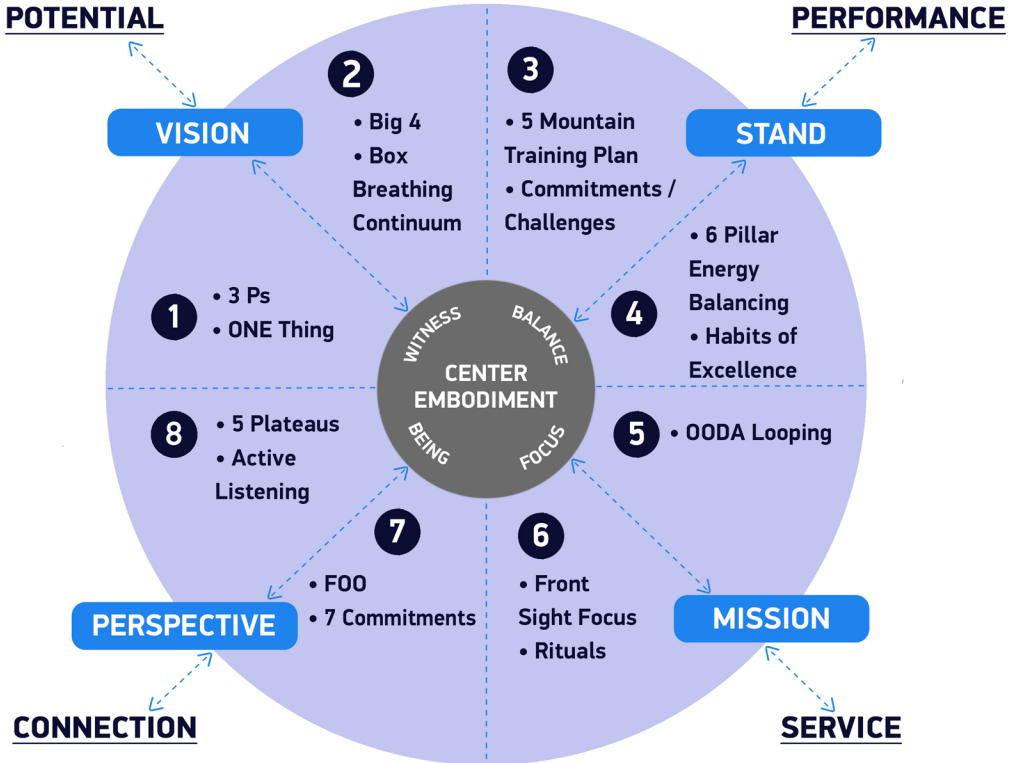

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UM OPERATING SYSTEM

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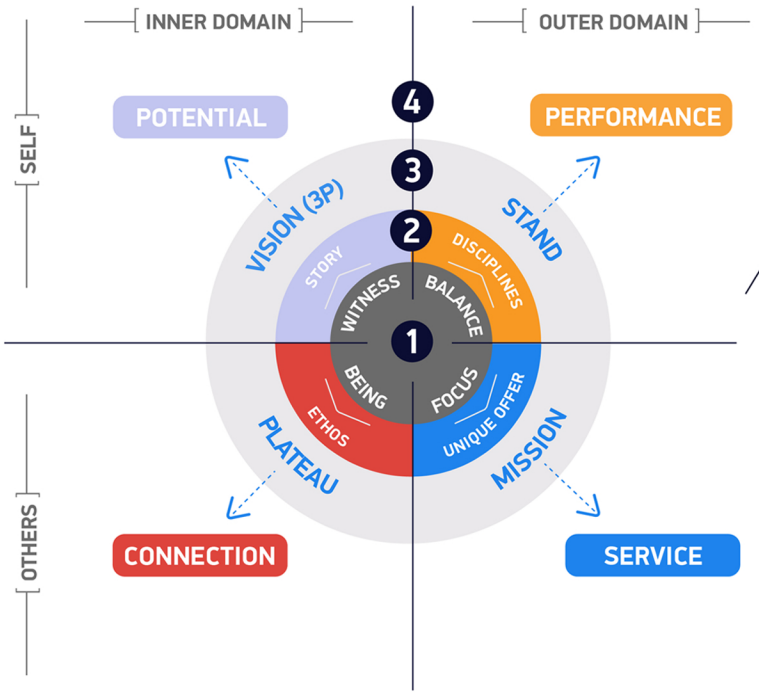

UNBEATABLE MIND
OPERATING SYSTEM

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3 P's

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Your Passions

- What are you passionate about in a way that you feel defines who you are?
- What make you feel unbelievably motivated, as if your hair is on fire?
- What unique skills or talents do you feel you have that you would love to use more of, and that make you feel different or allow you to stand out from others?
- What would you do for work or creative pursuits if money were no object?
- If you won the lottery today what would you do differently? And Why?

Your Principles

- What principles do you already live by?
- What philosophically do you value – such as freedom, service, God, mastery, nature, etc.
- What type of people do you gravitate toward?
- What type of person repels you?
- What do you value that you would like more of, or to move toward?
- What would you like to move away from, or have less of, in your life? (meaning you don't value it as much).
- What do these things say about what you are passionate about?
- Could these principles and your passions point to an overarching purpose in life?

Your Purpose

- What are you doing now?
- Have you been conditioned to think this is your calling, or is it truly your calling?
- If not, what do you think you are really supposed to do with your life?
- What do you feel you are really supposed to do with your life?
- Is there a voice of doubt deep within you suggesting you are on the wrong track?
- Is that same voice nudging you forward toward a different track?
- What do you think you are here for?
- What would you focus on now as your mission if nothing was holding you back?
- What would you do differently right now if you knew you had only one year to live?

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5 Plateaus

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Plateau	Dominant Mountain	Sphere of Interest	Motivations	Healthy Emotions	Shadow Aspects	Unique Skills	Roles Archetypes
1st Survivor	Physical	Ego Self	Survival Family, Team 1st I got mine Power	Pride Boldness Love	Shame Excessive Fear	Brainstorming Bold Action	Conqueror Survivor Con Artist Gangster Lone Wolf Vigilante
2nd Protector	Emotional	Ego – Ethno local Self/Team-Tribe	Fundamentalist Traditional Rule bound Position / Rank Security	Courage Love	Guilt Jealousy	Setting Agenda Keeping Ground rules	Warrior Protector Freedom fighter Terrorist Bureaucrat
3rd Achiever	Mental	Ego – Ethno regional Self - Country	Self Reliant Independence Materialism Success	Ambition Drive Creativity Love	Careless Reckless Greed	Getting things done Entrepreneurial	Leader / CEO Chieftain
4th Equalizer	Intuitive	Ethno - World Country - Humanity	Sensitive Egalitarian Affiliation Tolerance	Caring Connecting Giving Healing Love	Spiritual Egotism Racism Class Envy or Anger	Relationship building	Philanthropist Do-gooder Activist Social-Entrepreneur Monk
5th Integrator	Kokoro	World Centric Humanity-Earth Cosmos	Process Interdependence of complex systems Win-Win Compassion Abundance Generous Service	Whole Peace Presence Love	Hyper-focus on development Too inclusive (missing trees within the forest) A-perspectival narrow-mindedness (”everyone is right”) Spiritual Egotism Relationship detachment Aware of 1st-4th Plateau shadow - but unable to integrate	Managing Complexity Multiple Perspective taking and making	Strategist Global Thought Leader Healer - Shaman

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5 Mountain Training Plan

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MOUNTAIN	DAILY	WEEKLY	MONTHLY	QUARTERLY	ANNUALLY
PHYSICAL					
MENTAL					
EMOTIONAL					
INTUITION					
KOKORO SPIRIT					

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Your Stand

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I stand for _____.

I stand for _____.

I stand for _____.

I stand for _____.

I stand for _____.

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The Big 4

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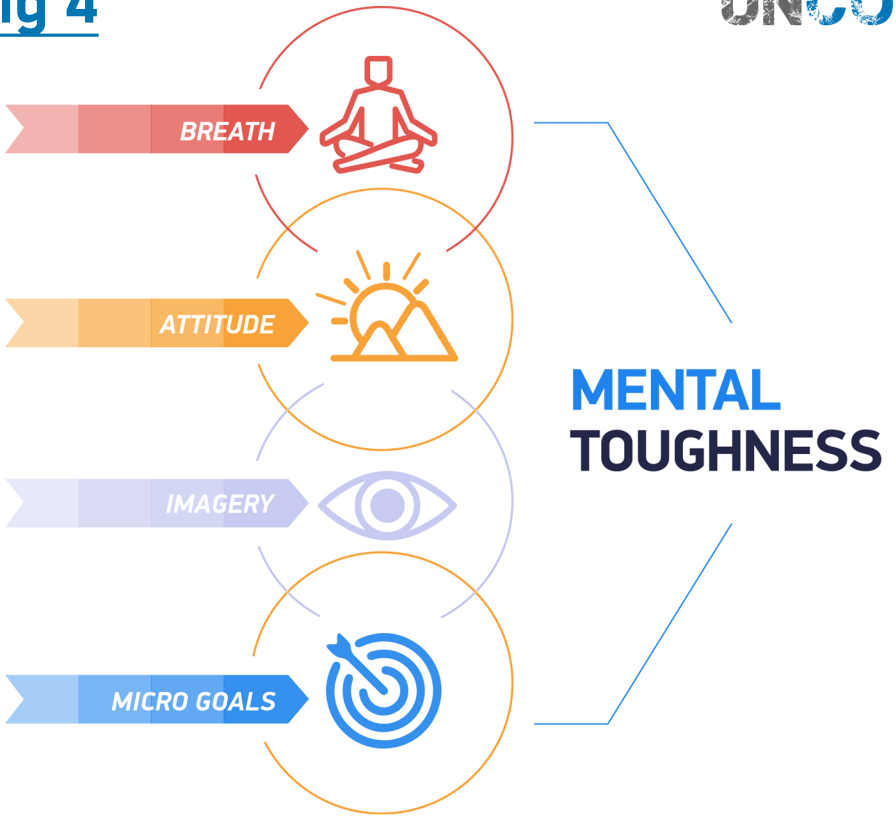

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The Six Pillars

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1. Fitness & Movement
2. Diet & Nutrition
3. Sleep
4. Stress Management
5. Time in Nature
6. Social & Community Support

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7 Commitments

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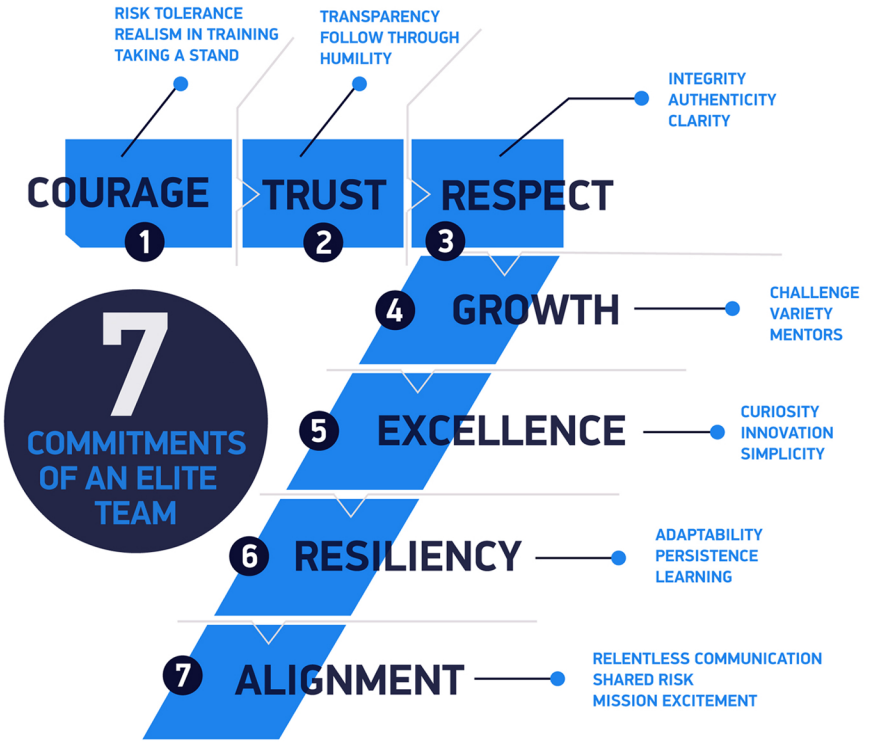

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