

ENTRECLARITY GUIDE





GUIDING TRUTHS WORKSHEET

INSTRUCTIONS:

Your Guiding Truths are your personal principles and beliefs that guide your decisions and actions. Creating these truths involve introspection and self-awareness.

Find a quiet reflective space (nature is recommended), where you can ponder and answer the following questions. Once you fill in your answers, condense your insights into clear, concise statements. For example, one statement might be “My mind is at peace.” Guiding Truths are usually made up of 5-10 short statements.

1. Purpose - When you look at the people you admire most, what quality or beliefs do they possess? List your top 3-5:
2. Relationships: In one short sentence or phrase, how do you want to be remembered by those you interact with daily?
3. Decision making: What are your non-negotiables? Those things you are unwilling to compromise on.
4. Contribution: Briefly describe one worthy cause you currently feel passionate about and why:
5. Personal growth: In the future, how do you want to handle failure and success?
6. Physical health: Five years from now, what do you want to be true about your physical health?
7. Faith: Does faith in the God (Transcendent, a higher power) an important guide to your future self? If yes, in a short sentence, describe your desirable relationship with God in the future:
8. Professional impact: In a short sentence, describe how your role at work has a positive impact on your team, communities, and society:
9. Positive emotions: If you had no limitations, what is one thing you would want to accomplish in the next year? List 3 positive emotions you believe will be a result of that accomplishment.

These questions are meant to lead you towards your Guiding Truths. Circle the keywords and phrases that resonate with you the most. Start working through short statements that emphasize each area you believe define your Guiding Truths. I would recommend you enter some of the keywords and phrases in ChatGPT and ask it to create your Guiding Truths for you. Have fun with this and remember, Guiding Truths will guide your actions and future decisions. Put them on your wall and strive everyday to live them.

PLAN YOUR BREAKAWAY WORKSHEET

EXAMPLE

START DATE: NOV 2023

TARGET DATE: FEB 2024

The Breakaway Statement: Complete Lotoja (200-mile bike race) in 2024, under 10.25 hours (My fastest time by 30 minutes)

Does this Breakaway align and help bring me closer to my Guiding Truths? Yes, or No? – Explain: The training will help align my body and mind.

The Breakaway team: (list your who's, that will help make this breakaway more successful) Heather (my wife and training partner), Tues. Riding group, Assistant, Team

Breakaway desired positive outcomes: Keeps me focused on “next level” training, which in turn helps me maintain my ideal weight and create long lasting positive habits. Empowers and inspires my kids to do hard things. Gives my team opportunities to learn new roles that I must delegate in order to train.

Your new positive identity you need to adopt: I am an endurance cyclist...BEAST!

Breakaway Headwinds – Possible obstacles:

- The morning woes...not wanting to get out of bed to train. Inconsistency.
- Poorly managed training schedule.
- My family feels neglected due to my training.
- Team feels neglected due to my training. My company's suffer.

Breakaway Mile-markers – What must happen?

- Find an accountability partner for early morning training – Oct 2023
- Work with a cyclist trainer and ChatGPT on a schedule – Sep 2023
- Reserve 6 nights for family time
- Prepare for and engage in Level 10's and maximize my Strategic Assistant

Breakaway Catalytic Mechanism(s): Register for Lotoja as a racer (not a rider), forcing me to ride with faster cyclists that will “drop” me if I am not physically prepared...which may result in not finishing.

PLAN YOUR **BREAKAWAY** WORKSHEET

START DATE:

TARGET DATE:

The Breakaway Statement:

**Does this Breakaway align and help bring me closer to my Guiding Truths?
Yes, or No? – Explain: .**

The Breakaway team: (list your who's, that will help make this breakaway more successful)

Breakaway desired positive outcomes: .

Your new positive identity you need to adopt:

Breakaway Headwinds – Possible obstacles:

Breakaway Mile-markers – What must happen?

Breakaway Catalytic Mechanism(s):