

AMBITIAN

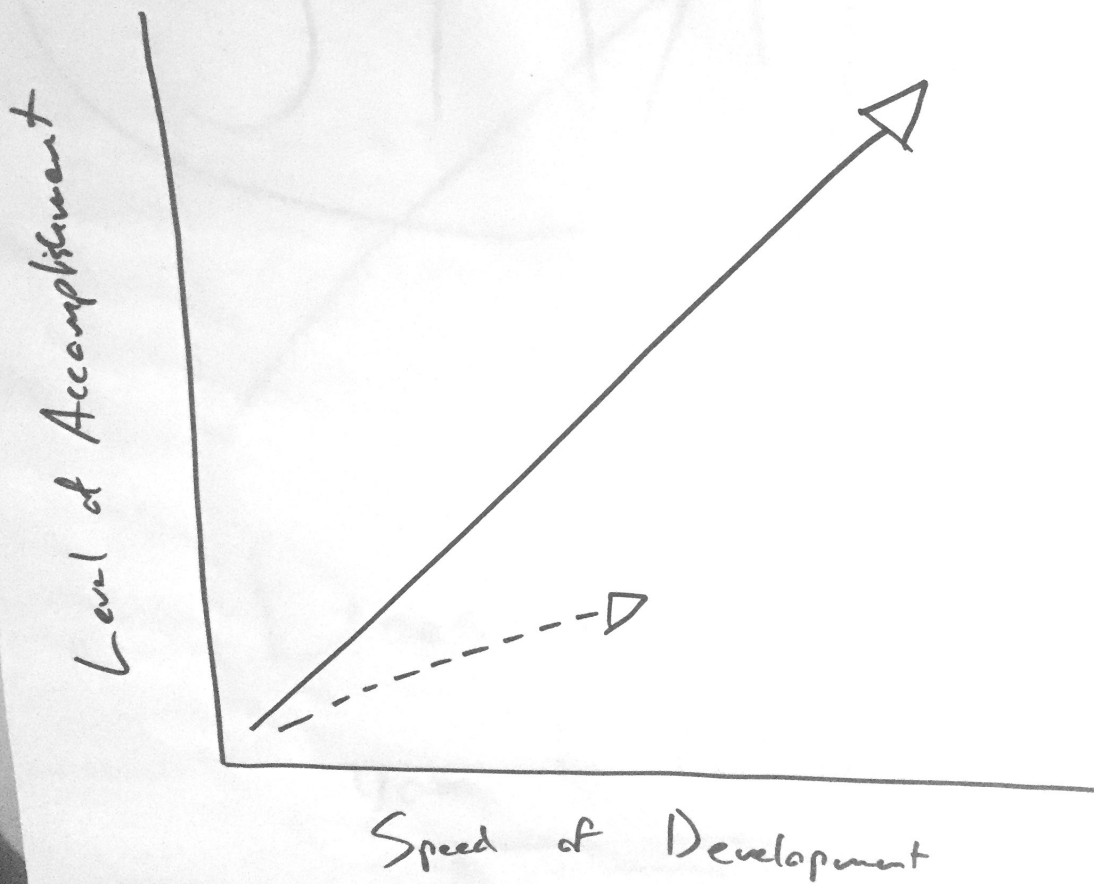
ACTIVATION

1) SET

2) CONNECT

3) ACTIVATE

WITH vs. WITHOUT



WITH —————>

WITHOUT - - - - ->

~~SMART~~

Does it challenge
you to GROW?

You must SET

1) SHORT TERM
> 1 month

2) INTERMEDIATE
1m - 12m

3) LONG TERM
1 year +

GOAL ACCOMPLISHED ✓

= Increased Confidence

= Increased Ability

= Increased Experience

= Better Player



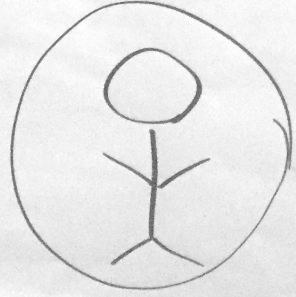
GOALS

EXTERNAL
MOTIVATORS

WHY?

INTERNAL
MOTIVATORS

CONNECTION



CONNECTORS

1) WHY?

- Purpose
- legacy

PULL

PUSH

2) INTERNAL MOTIVATORS

- positive
- negative

3) EXTERNAL MOTIVATORS

- positive
- negative

ACTIVATE

- 1) Obsessive Review
- 2) State Transformation

- ↳ Morning
- ↳ Before
- ↳ Night
- ↳ Times of Weakness

* PHONE
* FRIDGE