

# *Contrived Nature vs. Intentional Reality*

## Contrived Human Nature

- Learned defaults and operating on autopilot.
- Fear of failure and absorbing societal limits.
- Accepting 'just the way things are.'

## Intentional Magnificence

- Self-authored reality and targeted outcomes.
- Questioning the default and reclaiming identity.
- Building empirical evidence of past success.

Much of what we call 'human nature' is simply learned programming.  
As leaders, we have the power to write a new script.

# *The Anatomy of Magnificence*

**The Stem: Tenacity**  
Discipline, follow-through,  
and structural strength.

**The Root: Integrity**  
Alignment of inner  
belief and outer action.

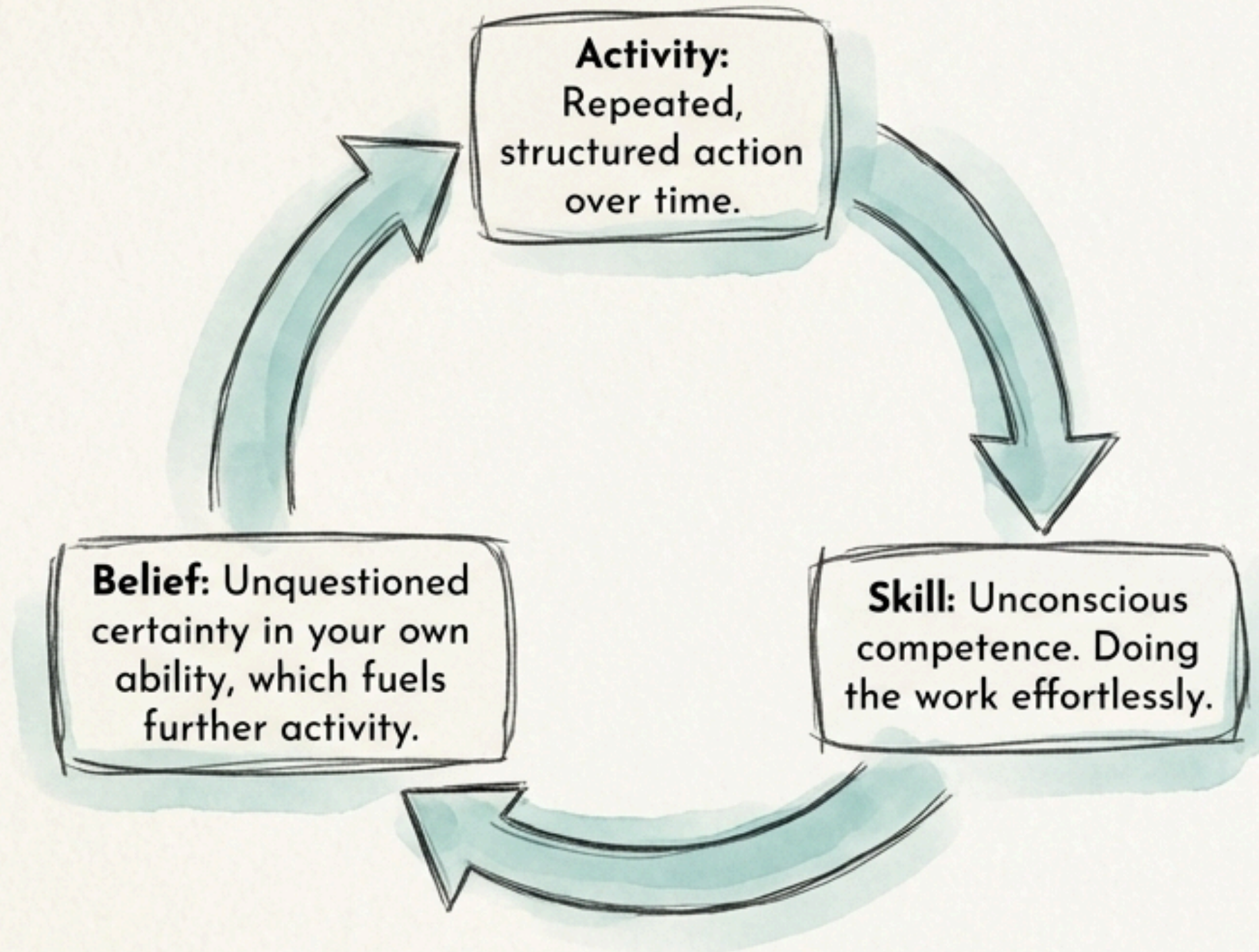


**The Sun: Joy**  
The gravitational pull toward  
the future and ultimate bloom.

**The Leaves: Energy**  
The physical and mental fuel  
capturing power.

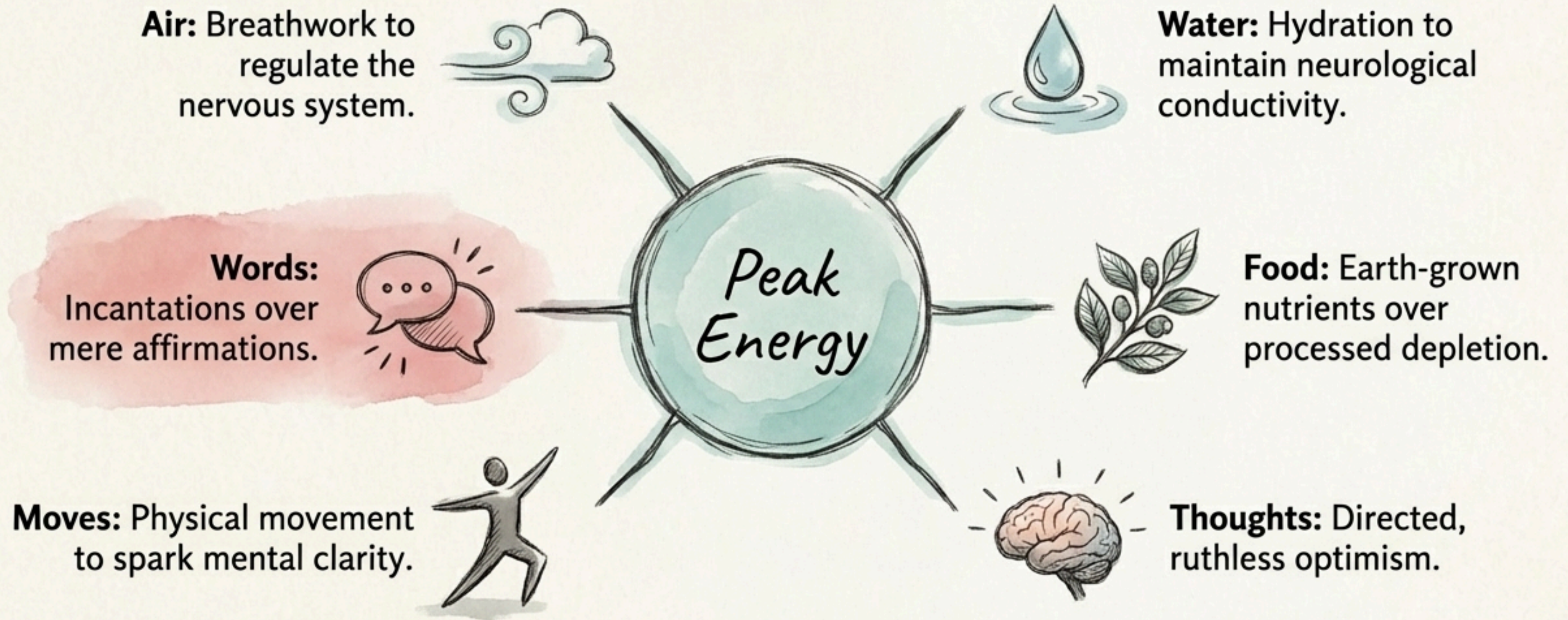
**The Water: Kindness**  
Grace, nourishment, and  
radical self-praise.

# Element II – Tenacity & The Discipline Loop



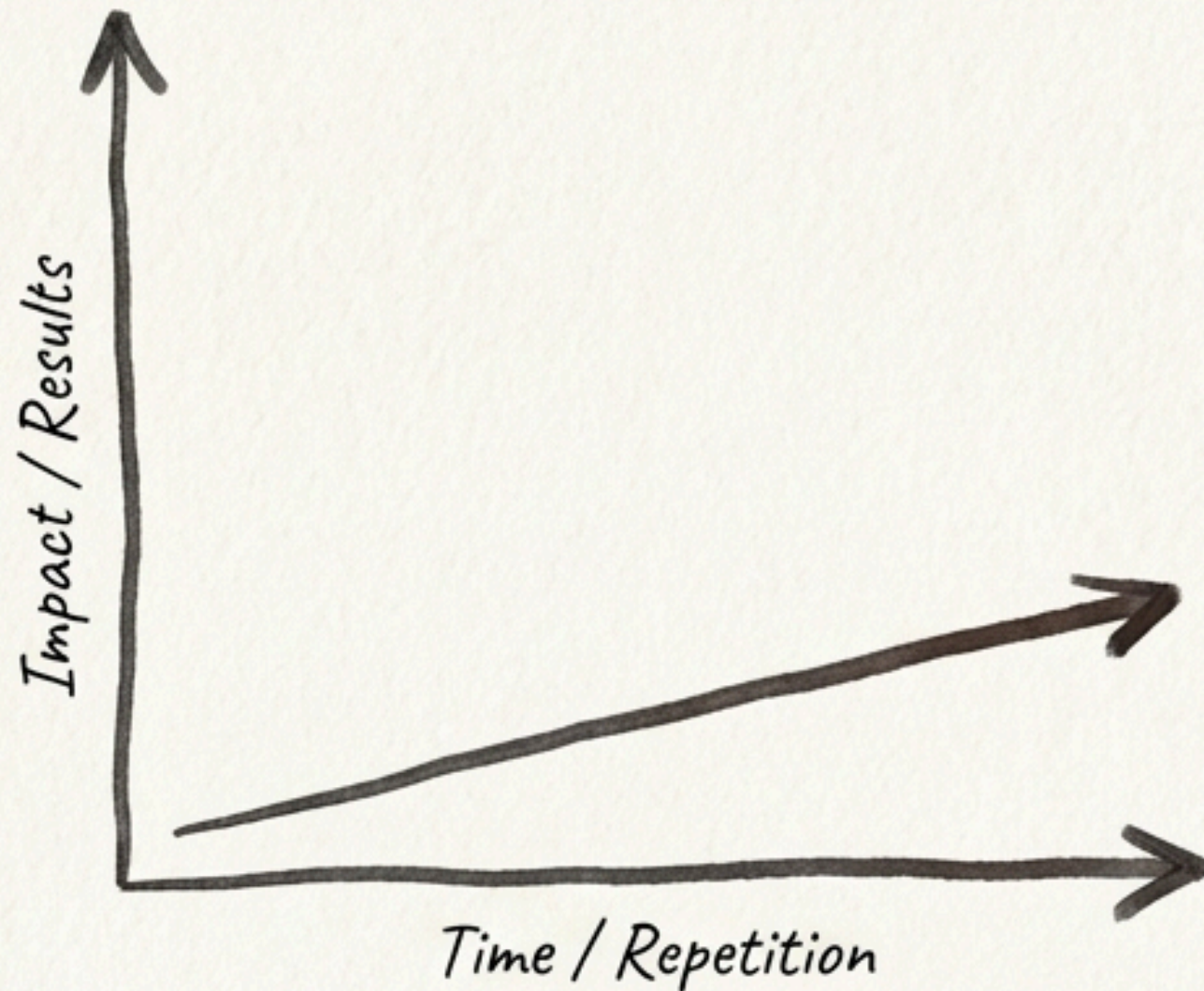
Discipline isn't a genetic trait; it is a learned skill. Having a prescription (a plan) is the vital first step to igniting this loop.

# Element III – The 6 Fuels of Energy

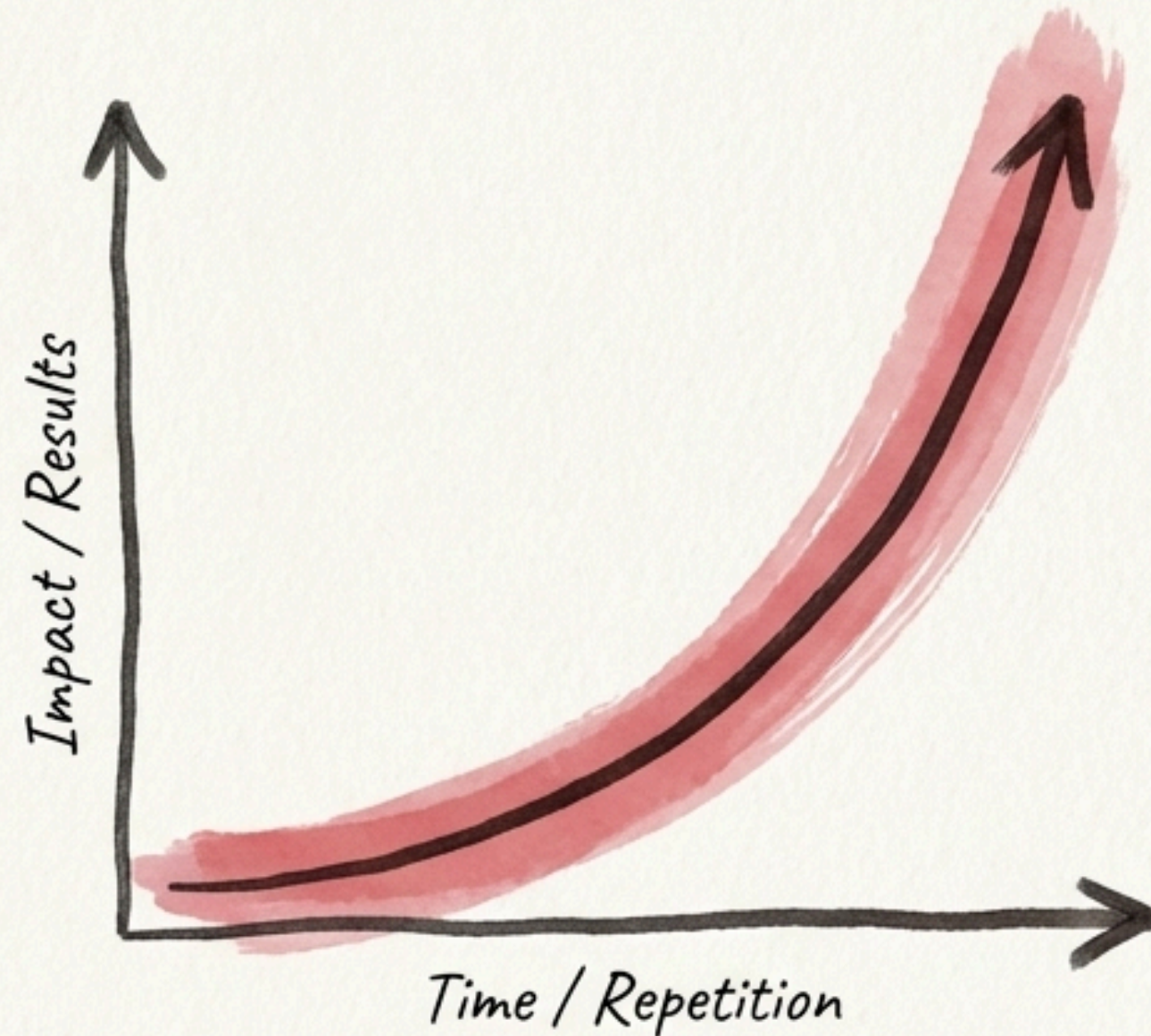


Energy is the fundamental currency of high performance. Protect the supply.

# The Catalyst: Practice vs. Rehearsal



**Practice:** Repetition of action. Effective, but slow and linear.



**Rehearsal:** Repetition + Intense Positive Emotion. The "Further, Faster" system.

**The Science:** Emotion locks logic into behavior. Excitement and joy electrify the nervous system, compressing decades of learning into days.

# The Law of Empirical Evidence



## *The Rule:*

All success is built on the foundation of prior success.

## *The Action:*

When facing corporate doubt or friction, systematically catalog your past victories. This provides the nervous system with irrefutable 'Empirical Evidence' of your competence.

## *The Takeaway:*

You possess a rich, documented history of overcoming the impossible. Rely on it.

# Fuel Your Magnificence: The Power of Tenacity and Energy



**TENACITY:**  
THE WILL TO FINISH



**ENERGY:**  
THE HUMAN ALTERNATOR

**Whatever You Start, You Finish**  
Life belongs to those who complete the job, not just those who begin.

**Discipline is Simply "Doing"**  
Act on the prescribed activity even—and especially—when it is difficult or inconvenient.

**Empirical Evidence**  
Use past successes as proof that you are capable of acquiring any new skill.

**Movement Generates Electricity**  
Your body is a biological machine that creates electrochemical energy through physical motion.

**Don't Drain Your Battery**  
Sitting and thinking without moving is like leaving car headlights on in a car park.

**The Mitochondria Factor**  
Physical demands "discipline" your cells to produce energy more efficiently and consistently.

**TENACITY AND ENERGY**

## THE DISCIPLINE LOOP

- 1. Activity to Skill**  
Repetition creates a "habit," which eventually becomes an "automatic skill" within your nervous system.
- 2. Skill to Belief**  
As your skills grow, your self-certainty and belief in your own magnitude increase.
- 3. Belief to Results**  
Increased belief creates the certainty needed to take further, more impactful action.

## THE 6 ELEMENTS OF ABUNDANT ENERGY

Physical Fuel (Air, Water, Food)			Psychological Fuel (Thoughts, Moves, Words)		
Diaphragmatic breathing	High-quality hydration	Water-rich, plant-based nutrients	Direct focus toward optimism	Use movement to pump lymphatic system	Incant positive self-descriptions

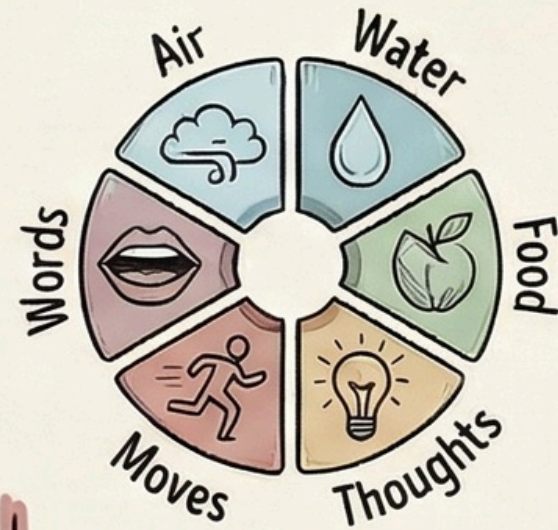
# Week 2: Tenacity & Energy - The Leader's Internal Fuel



## Igniting Your Energy (The Leader's Alternator)

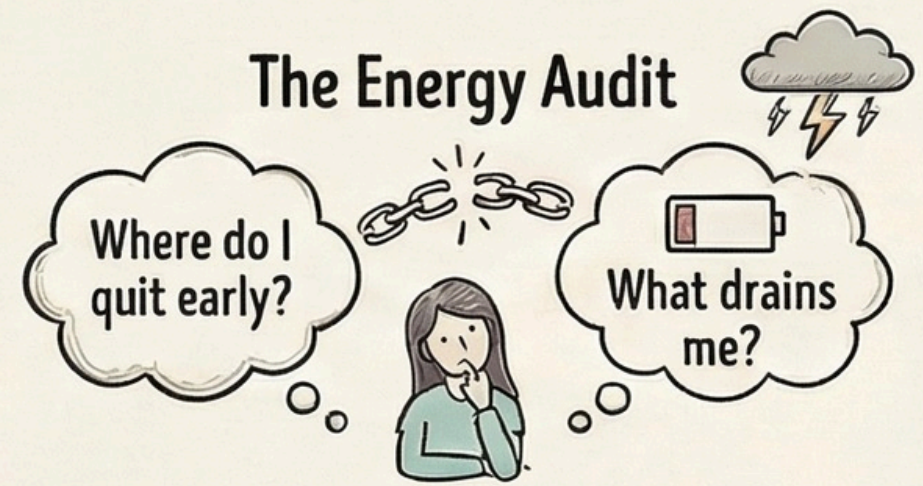


**Movement as a Battery Charger**  
Physical motion acts as a biological alternator, generating the electricity your cells need to thrive.



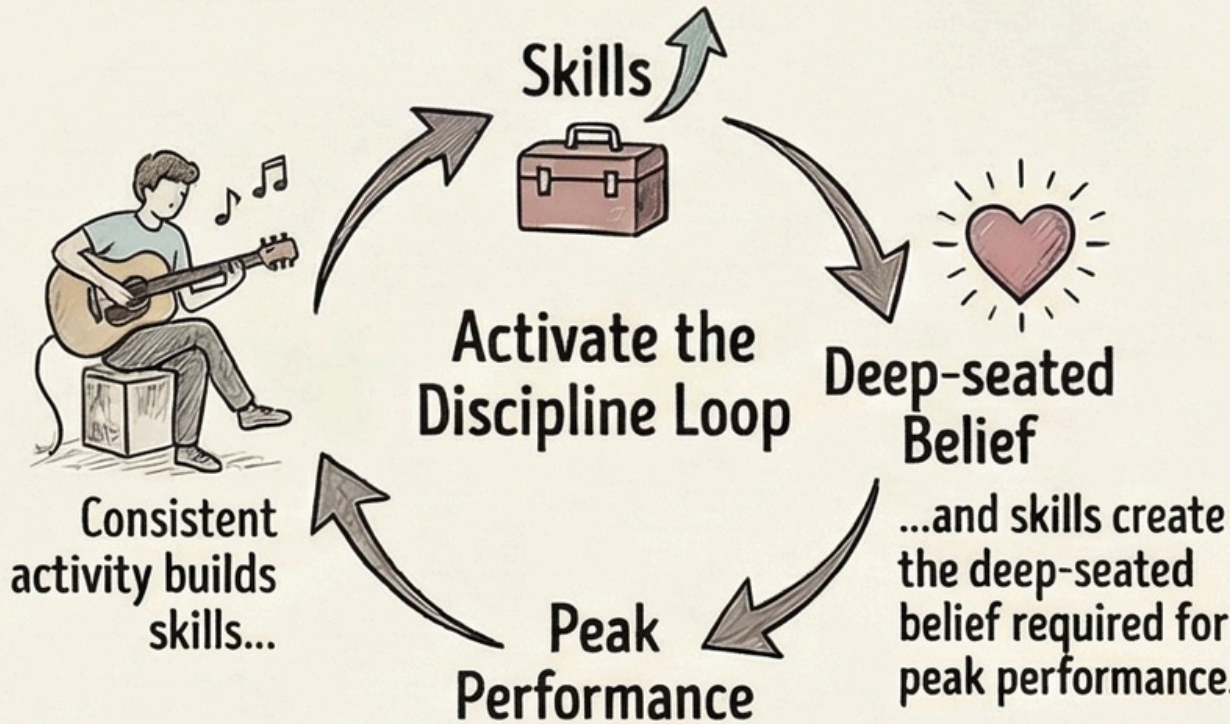
**The Six Elements of Abundance**  
Your energy is fueled by six factors: air, water, food, thoughts, moves, and words.

### The Energy Audit



Reflect to reclaim your momentum.

## The Tenacity Loop (Building the Will to Finish)



Reflective guide for mastering the "Discipline Loop" and managing internal energy to sustain high-level performance. Focus on rewiring nervous systems for persistence and biological vitality, transitioning from Integrity to the active "Doing" phase.

### Discipline is Simply "Doing"



True discipline is performing the prescribed activity no matter what, especially when it is difficult or inconvenient.

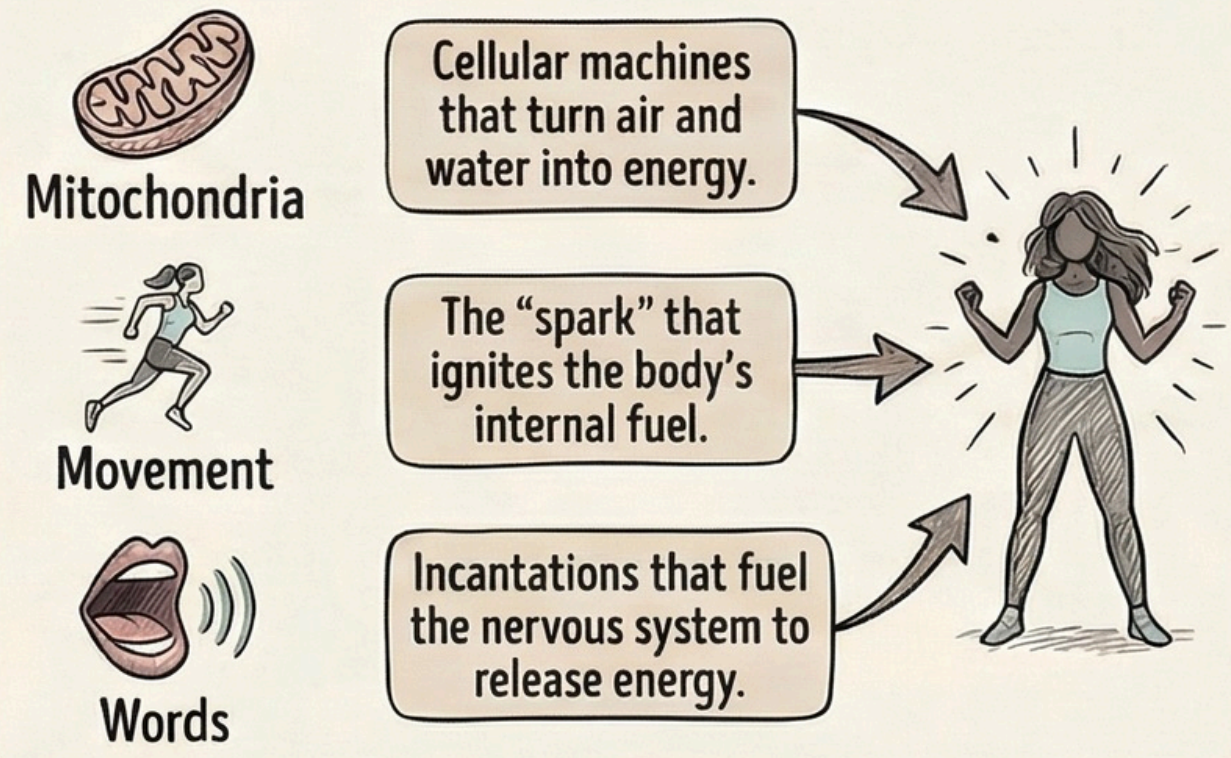
### The Rule of the Finish



Life belongs to those who finish what they start; every completed task builds your integrity bank account.



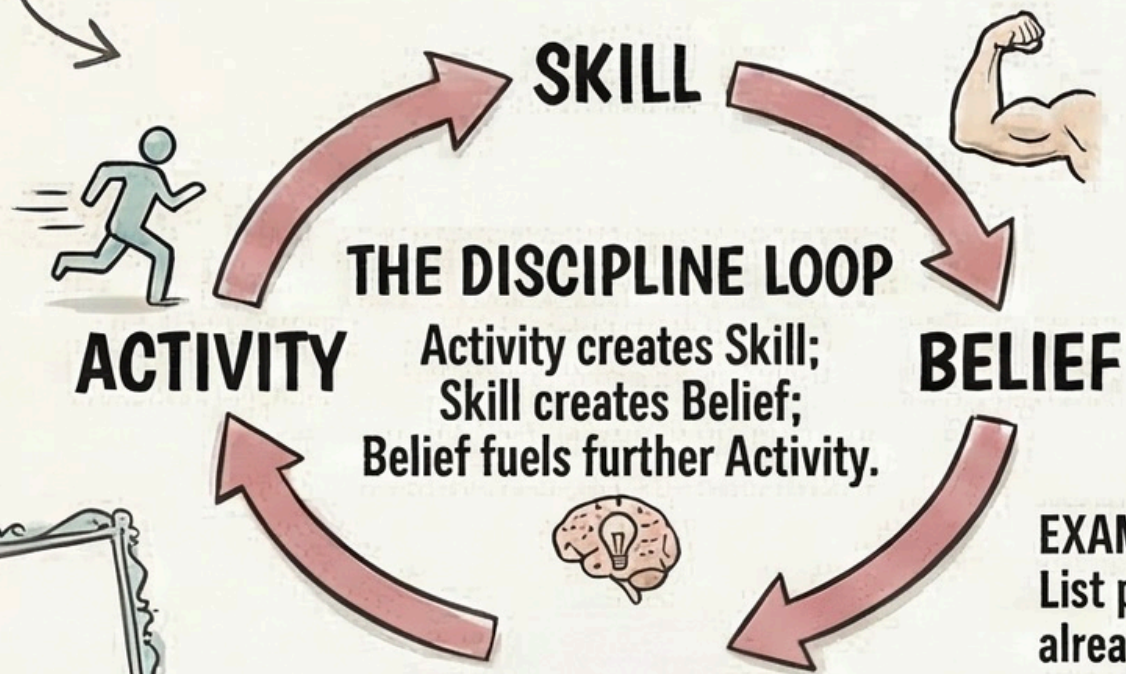
## Biological Internal Fuel



# Week 2: Tenacity & Energy – Your Magnificent Blueprint







## TENACITY – The Inner Pull

**DEFINITION:** Tenacity is the Finished Task. It is the tendency to do whatever it takes to see a task through.



**EXAMPLE:** The Success Inventory. List past successes to prove you already possess discipline.

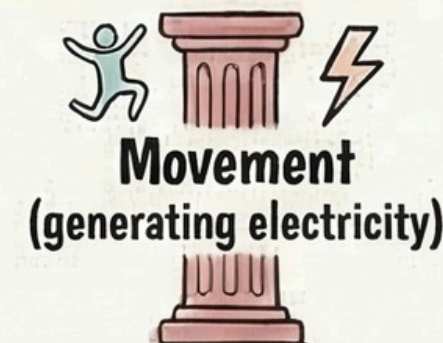
### Prescription to Discipline

Phase	Action
Step 1: The Box	Observe and examine the goal/task from the outside first.  
Step 2: Instructions	Read and internalize the prescribed plan before starting.  
Step 3: Rehearsal	Repeat the action with intense positive emotion until it is automatic.  

## ENERGY – The Life Force

**KEY\_FINDING:** Think → Feel → Do → Having. Your thoughts act as the command center for your entire physical result.

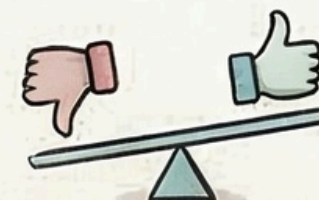
### THREE PILLARS OF ENERGY GENERATION



**TECHNIQUE: Powerful Incantations.** Speak uplifting phrases with high enthusiasm and physical movement to rewire the nervous system.

### WEEK 2 REFLECTION

**DEFINITION:** Where do I quit too early? Identify the specific moments or projects where your tenacity currently falters.



### (Workbook Integration)

**DEFINITION:** Energy Inventory. Contrast "What drains my energy?" against "What energizes me?" to audit your daily habits.

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_____	_____
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