



HOW TO REVIEW YOUR PRODUCTIVITY & ASSESSMENT DEBRIEF

Taking the Habit Finder Productivity & Performance Assessment is a different experience!

The science behind it has been nominated for the Nobel Prize. It uses Axiological mathematics to calculate a person's habits of thinking based on the work of Dr. Robert Hartman. This assessment is the most accurate of any assessment. It is neither a personality assessment like DISC or Meyers Briggs nor an Identity assessment like the Enneagram. This assessment does one thing: Measure a person's likelihood of engaging in a particular habit of thinking that is either supporting ones intentions or interfering with them.

If you look at your assessment results, you will notice several kinds of measurements and scores.

In regards, to the color scales, you are the green, which is your authentic self. The YOU who you really are. These are the things that are just so natural about you that you can do them in your sleep...without any effort or conscious thought. This includes how you solve problems, how well you listen or how well you assess situations. It will also reflect your innate or developed talents like your ability to sing, drive, do finance, etc. It resonates with your authentic intrinsic self.

The other color bars designate your habits of thinking that are not serving you or supporting you. These habits, like all habits, are stored in neural pathways that get triggered. The likelihood that an undesirable habit gets triggered is designated by how far left or right it measures in the assessment. This illustrates the risk of the habit pulling you away from being authentic and real in a given situation or experience: internally or externally.

The measurement also estimates the frequency that the habit could be experienced. For example, yellow a few times a day, or red, like a tidal wave overcoming us, could be hitting you and catching you up several/many times a day.

All of these measurements tell us there is a risk of low or inefficient ROE, Return On Energy. When these unresourceful habits are triggered, and the tidal wave is hitting us, there can be a huge depletion on mental, emotional and/or physical energy.

If you have noticed going throughout the day and at the end of the day you say like “Wow, I am just beat!? I have no energy left!”?

If so, it is probably because you have been dealing with some of the habits of thinking overcoming you uncontrollably like a tidal wave.

Or maybe you notice when you get home that you just don’t have enough energy to give back to your family or friends? All you want to do is “veg out”. That is what the risk of these unresourceful habits are designated in the assessment.

When you look at these, just notice how or in what circumstances you allow them to trigger you and what happens when you surrender to them and allow them to create challenges and make it harder for you than it needs to be.

They can suck up your energy, money, time, self-worth, joy fulfillment, confidence, and impact your relationships with yourself and others.

The wonderful news about all of this is that there is nothing wrong with you!

Notice what feels easier; to shift a habit of thinking or to shift something that you feel is wrong with you?

Take into consideration that your brain has been able to adapt for years to move through life with these habits of thinking pulling on you in multiple directions.

Take a moment to have a moment of clarity and gratitude that your brain actually works perfectly! It just needs a bit of upgrading – new programming – just like all software must be updated and upgraded, so must our habits of thinking. A habit of thinking that served you in some capacity in the past does not serve you so well in the present. This is perfectly normal and expected.

In regards to the scores, these are mathematical calculations that denote the overall likelihood that some of your unresourceful habits may be showing up

more frequently. Again, this is great news that you can actually begin to start taking clear action on.

I want to be very clear and remind you that YOU are NOT your score. You are NOT the Red, Orange, or Yellow. You are the Green.. always have been and always will be. The scores indicate the tendency to moved out of the green temporarily. No matter what extreme we may swing to, at some point we always come back to center... our Green.

As you review your assessment, please fill out this questionnaire:

Three measurements to focus on:

- 1.
- 2.
- 3.

What do you really want right now?

Do you know how to get it?

What is the hardest thing about being you?

What Are Your Key Pain Points:

- 1.
- 2.

What about or in your life do you really cherish and enjoy?

- 1.
- 2.
- 3.

What else comes to mind for you?

Why Engage in the Performance & Productivity Success Process

To be able to identify your Blind Spots and take yourself intentionally to the next level.

Below the surface of our Thoughts, Feelings, Personalities, and even our Identity (who we think we are) are our "Habits of Thinking". All Habits of Thinking are either supporting us with CLARITY, CREATIVE ENERGY & the ability to LIVE in ALIGNMENT with our truly inspired goals and desires., or they are sabotaging us.

When we align with ourselves and our become aware of our "true calling", we experience "Joy and fulfillment in the Journey" of life and Peace of Mind even in the middle of life's challenges and trials.

On the contrary, most people's Habits of Thinking are CLOUDING, SABOTAGING, and Holding Them Back from Creating connections through effective communication and living the lives they Truly Desire, which causes frustration and getting "stuck".

The Good News is our brains/minds are Neuroplastic! This means our brains can be re-trained, re-wired and re-programmed to think, experience, and respond life differently.

When we change our thinking, we change our feelings. And when we change our thoughts and feelings, we can transform our entire life experience!

In Performance & Productivity Success Coaching, we will go below the surface of your thoughts, to uncover your limiting beliefs and begin your journey of Self-Mastery in the following key areas of thinking:

The Focus Areas of Coursework

How the mind works

Awareness is the first step to change. 90% of all business or family challenges are simply people's personal problems in disguise. Focusing on behavioral changes alone will not create sustained long-term changes.

Why? Because Neuroscience shows us that it is the habits of thinking stored in neural pathways of our brains, and when those get triggered, the subconscious delivers an immediate response of memorized emotions, sabotaging thoughts, and labeling of ourselves and others that then delivers a memorized personality and this is what drives behaviors.

In our sessions together we will bring clarity into the 90% of habits of thinking we can't identify, how they speak to us, and the principles, processes, and frameworks to force the subconscious into clipping off the old sabotaging habit of thinking and creating a new healthy one. This is true self-development.

Connection

The Ability to Communicate and Connect is at the foundation of all our lives. This Quality is focused on gaining a deeper understanding of how to apply the principles of Intrinsic Validation and find the most powerful ways for deep connection so that people feel heard, valued, understood, and empowered. See people for who they are, not their behavior. This Quality sets the path for every other objective within the coaching.

Mental Creation

Our minds are more powerful than we consciously realize. Many people tap into this power unintentionally which can lead to excessive worry and catastrophe thinking. You will learn how to create expectations that serve you and not control you; how to quiet the internal, perfection-driven thinking that tells you what you do is not good enough or done well enough.

You will discover how to use visualization constructively to ignite passion and avoid behaviors that can hold you hostage from living the life you desire. You will also gain greater insight into how the subconscious works, and how you can use that power to accelerate sustained change.

Physical Creation

Learn to make awareness and the present your permanent residence and discover how to work with passion-driven intention. Many of us fall victim to

diverse forms of procrastination and diluted multi-tasking or being distracted only to realize that our ability to execute faster is incredible after this noise is eliminated!

Structure

Discover how to quiet an overactive mind and willingly let go of resistance, resentment, and rebellion, and embrace the structure needed to create success. The pain and frustration are not in the change, but rather in the resistance, the all-or-nothing, right and wrong, need to be right, monorail of systemic driven thought. This gift is an amazing ally, as long as the awareness and principles are applied and embraced.

Personal Fulfillment

Learn how to experience more peace, fulfillment, and patience with what you are trying to create in your life. To own your unique clay—your natural strengths, talents, and challenges. Learn to turn enthusiasm into commitment, and optimism into resilience. Create the most you can with what you have been given and find peace of mind along the way. Accomplishment does not always mean success. This Quality fosters joy, fulfillment, and accomplishment that is not artificially driven by temporary destinations.

Self-Worth

Learn how to be real, genuine, and authentic—Discover the five tethers of thinking that have sabotaged your true self. In this process, you will learn how to maintain confidence in your ability and experience success, happiness, and peace of mind.

I invite you to join me on this journey of self discovery and self mastery. It is time for you to learn ow to really embrace and use the natural gifts embedded within you to create a life you truly desire and are thrilled to live!

Sincerely, and with warm regards,

Robert Cabeca

Executive Leadership Coach