

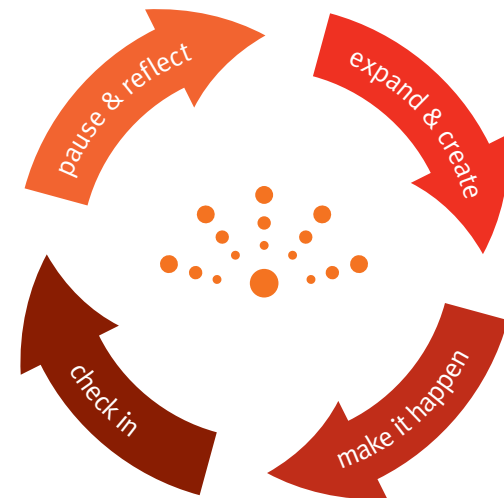
Here's how it works:

LiveDynamite introduces **the upside**. It will be an experience that brings together an easy structure with powerful tools to help break down barriers that hold you back. Our goal is to help you move forward again, so you can realize more of your potential and experience the full benefits of living with a positive attitude. We'll give you support along the way and provide the nudge that's needed from time to time.

The Playbook experience is based on simple truths that have been around for a very long time. It follows a cycle that works no matter what your starting point. This means you can continually apply it wherever you find yourself. And you can go at your own pace.

Everyone learns at different speeds. The goal is not to see how fast you can move through something, but rather to learn, integrate the knowledge, and move forward. Knowledge is only powerful when you put it into action. True power is when knowledge is internalized and new attitudes and actions are adopted. These new actions, consistently applied, create new habits. And habits are how you create and sustain the momentum needed to reach your goals.

The Playbook has four sections: Pause & Reflect, Expand & Create, Make It Happen and Check In. Think of this approach as a cycle that's continually repeated. This is how you'll continue to make progress. You just keep repeating the steps again and again.



PAUSE & REFLECT

This is where you stop and evaluate where you are. What's your starting point? You establish a baseline against which to measure your progress. You look at what's working really well in your life and acknowledge what you're great at. You identify the patterns that get in your way and those that make you stronger. You find more ways to spiral up.

EXPAND & CREATE

Here you stretch yourself. You think about what you want to create in your life. You see and believe that everything is possible. You shift and expand the way you view life. You create goals that will have real impact and meaning. You write them down in detail. You bring them to life visually. You begin to feel the power that comes from achieving your goals and transforming your life.

MAKE IT HAPPEN

This is where you move into action. You create plans to make your goals come to life. You break each goal down into manageable tasks that allow you to make progress each day. You add more dimension and emotion to them in order to accelerate your progress. You take your best ideas and get started. You feel empowered and begin to see that it's all possible.

CHECK IN

Here you measure your progress and celebrate your greatness. You have a scorecard to track your performance. The idea is to make it easy to see how you are doing. Are you honoring the agreements you made? Are you pausing at your milestones to recognize how far you've come? It's important to regularly evaluate how you are doing, to hit the refresh button and make improvements to your plan. Refine as you go and strengthen your approach as you learn.

Each section has a series of exercises and activities. There are four basic principles—ideas, actions, habits and momentum.

- You will apply timeless **ideas** and experience approaches that have helped people move forward to create positive attitudes and successful lives. Because the ideas are timeless, you may have already tried a few of them. If so, that's great. You'll find the approach that much easier!
- Next you put the ideas into **action**. This is critical. You must take action if you want to see results. Thoughts alone do not make it happen. Knowledge is powerful when you apply it. The more energy and effort you put into it, the faster you'll see results.
- Then you practice daily application. This is the key! Inconsistent application yields inconsistent results. Consistent actions create **habits**. And positive habits are what have the power to change your life for the better. Sounds familiar already, doesn't it?
- Positive habits are how you start to pick up **momentum**. Good well-intentioned habits pay off. As you see your goals become reality, you will know with certainty that it works. The bonus is that positive results fuel positive results. Your new habits become an everyday way of living, which means you can now focus on creating even more great habits. This is how you make it all happen!

Along the way, we'll direct you to use all the tools in the kit. We'll show you how to use them. Until then, here's a little on the role each tool plays.



DAILY LOG – Here you keep track of the Highlights & Insights you experience each day. It's where you track the day's headlines and what you're going through. The point is to take note of what's happening as you make progress and how you feel along the way. Writing every day is a powerful way to learn from all of your experiences.



DAILY PRACTICE SHEETS – Here you write your daily actions. It's where you commit to starting or completing certain tasks each day. It's an easy way to make progress and stay on track. It's a reminder to practice putting your ideas into action every day.



EXPAND & CREATE CARDS AND CASE – This is where you write down your goals and intentions. You'll want to review them frequently, which is why they come in two sizes. You can keep one size at home or work and carry the other set with you. A case is included to make it easy to take them wherever you go.



THINKBIG COASTERS – Powerful quotes to inspire in a fabulously functional coaster. These are Big Thoughts that reinforce timeless principles. Pick your favorite quotes or write something down that inspires you. Put them some place you can see them every day. Seeing them will keep you focused on your goals.

All right, it's time to get started. Remember—keep it fun and acknowledge your progress!