

# AXIOGENICS™

## First Steps Report Workbook



## *Step #1: My Goals and Purpose*

A) In my life / career, one or two things that I would really like to change / make better is:

B) To achieve this, I need to become LESS...

C) ...and MORE...



D) What value/goodness would this create in my life and the lives of others around me if I succeeded in achieving my goal?

E) What price will I and others pay if I DO NOT do what it takes to achieve the goals above?

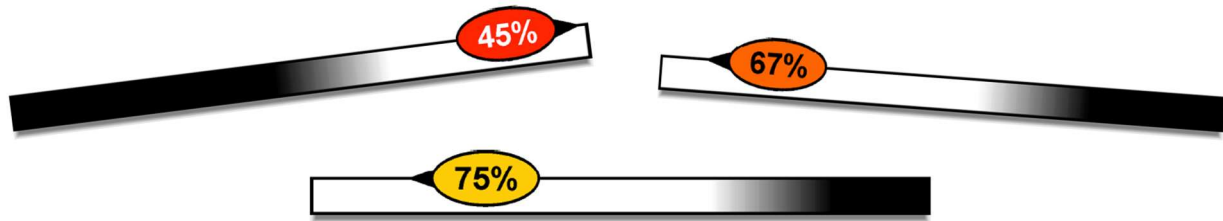


*Be sure that you're clear on your purpose/goals*

*Then proceed to Step #2*



## Step #2: My Cognitive Biases and Liabilities



F) Looking at your low-VQs, what are the **triggers** of the identified thought processes? *"I tend to think this way when..."*

G) *"...and then I think and/or feel..."*



H) "...and then I respond or react by..."

I) "...which causes..."

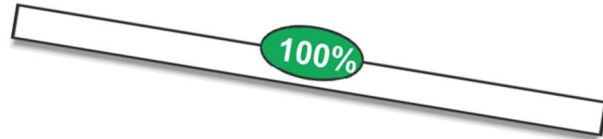


*Once you understand how your low-VQs "show-up"*

*Proceed to Step #3*



### Step #3: *My Key Cognitive Asset*



J) Perspective Name/Title

K) ...will enable me to be LESS...

L) ...and enable me to be MORE...



*Proceed to Take-Away*



## *The Central Question:*

What choice can I make, and action can I take,  
in this moment,  
to create the greatest net value?

## *Your Centering Question(s):*

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## *Bonus Steps:*

Let's form a new habit that leads to using best thinking on a consistent basis!

- 1) What time(s) of day are you going to ask yourself your centering questions?

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- 2) What are you going to use as triggers to remind yourself to ask these questions? (e.g. tying your shoes, brushing your teeth, drinking a beverage. Tie this new habit to one you already have.)

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- 3) How are you going to reward yourself for completing your new routine?  
(DO NOT skip this step!)

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