

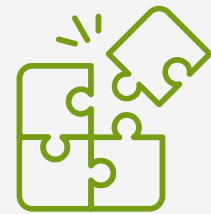
The Role Model Self

A FRAMEWORK FOR BUILDING
YOUR LIFE & BUSINESS VISION

Beyond highlight reel: A guided workshop for
designing a sustainable, action reality.



“If a man knows not to which port he sails, no wind is favorable.”



THE PROBLEM: **WANDERING**

Without a clear vision, every opportunity looks like “the opportunity”. This leads to a cycle of starting, stopping, and wandering.



THE SOLUTION: **SAILING**

This framework replaces scattered impulses with an integrated compass, saving you a year of aimlessness.

Your Vision is an Ecosystem, Not a List.



1) MY APPROACH
The mindset and attitude you bring.

2) WHO I'M BECOMING
The core/North Star

3) ORDINARY TUESDAY
Sustainable daily life

4) WHO GUIDES ME
Mentors and filters

5) MY TRANSFORMATION
The journey arc

6) WHAT I'M BUILDING
Output and Legacy

7) WHAT ELSE BELONGS
The wild cards

SECTION 1

My Approach

THE “HOW” OVERRIDES THE “WHAT”

Your approach is the stance, knowledge, and frame you bring to challenges. It filters perception, drives action, and compounds into reality.

Two people with the same resources live different lives based entirely on the approach they bring.



CONTEMPLATION

Question: When things get difficult, do you react unconsciously or choose a default approach?

Metaphor: Does your approach feel like water? Fire? A mountain?

Actionable Vocabulary: Stamina, Curiosity, Playfulness, Willingness, Faith.

SECTION 2

Who I'm Becoming

THE CONSUMPTION AUDIT

The Role Model Self is your **North Star** and **Inner Mentor**. It is working hypothesis of your most actualized self.

KEY INSIGHT

What you consume predicts who you become. You can consume unconsciously and become someone unintended, or you can consciously shape your trajectory.

THE AUDIT

Review your Instagram saves, Youtube history, and nightstand books.

GOAL

Aim for Directional Correctness. Does a decision feel like it belongs to the person you are becoming?

SECTION 3

The Ordinary Tuesday

SUSTAINABILITY OVER PEAKS

The Reality Check: We don't live in award ceremonies; we live in ordinary Tuesdays.
If your vision only includes peaks, it is likely unsustainable.



MORNING RITUALS

Reflection vs. Action



MIDDAY RHYTHMS

Energy Management &
Workspace



EVENING WIND-DOWN

Transitions & Boundaries

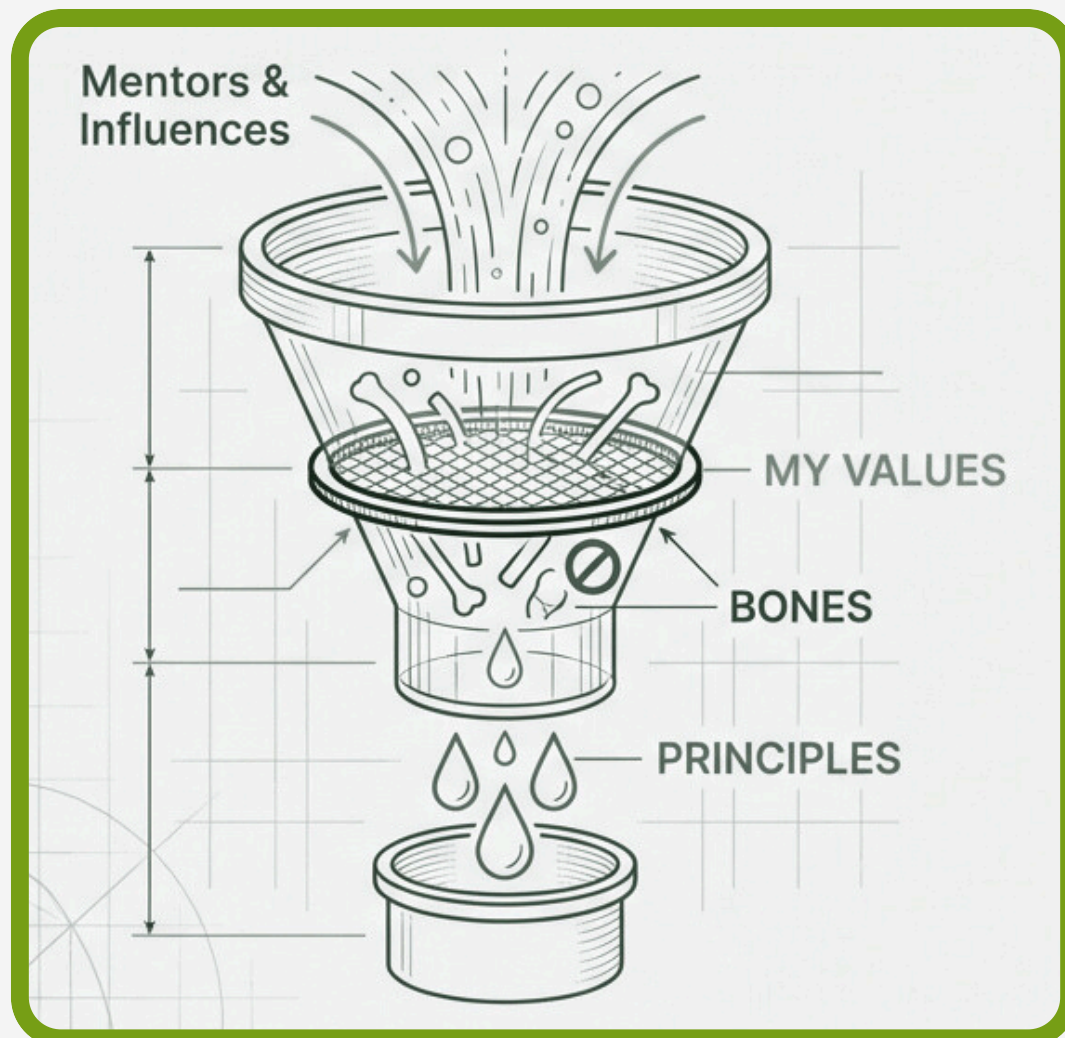
THE TEST:

Would your Role Model Self skip lunch for that email? Would they miss a moment with loved ones for a notification? Your ideal life is built in the small moments.

SECTION 4

Who Guides Me

FILTERING WISDOM



CONCEPT

Identify mentors (Direct, Parasocial, Historical). The crucial step is the filter.

THE RULE

"Take the meat, leave the bones." Extract underlying principles, but execute them through your own values.

STRATEGIC QUESTION

Where do you diverge from your mentors? What values of theirs do NOT align with yours?

KEY INSIGHT

Your Role Model Self is the ultimate filter. Do not copy methods; extract wisdom.

SECTION 5

My Transformation

FROM PAST STRUGGLES TO FUTURE QUALIFICATIONS



THE ARC:

Your differentiation emerges from your unique transformation. Nobody has your exact starting point.

BUSINESS APPLICATION:

Your audience is often your Past Self.
Your struggles become your qualifications;
your solutions become your offerings.

SECTION 6

What I'm Building

OUTPUT AND LEGACY

Now that the internal self is defined, what creates the external impact?

Before products, define the feeling of the brand. Is it a handshake or a hug? Energizing or Nurturing?



SUSTAINABILITY CHECK

Does what you are building fit into your "OrdinaryTuesday"? If not, it will fail.

THE QUESTION

If you were a drop in the ocean, what waves would you make?

KEY INSIGHT

Build from identity, not just market demand.

SECTION 7

What Else Belongs

THE WILD CARDS & THE UNCONSCIOUS

Now that the internal self is defined, what creates the external impact?

Before products, define the feeling of the brand. Is it a handshake or a hug? Energizing or Nurturing?



CONCEPT

Making space for the wild cards – recurring symbols, dreams, and “embarrassing” desires.

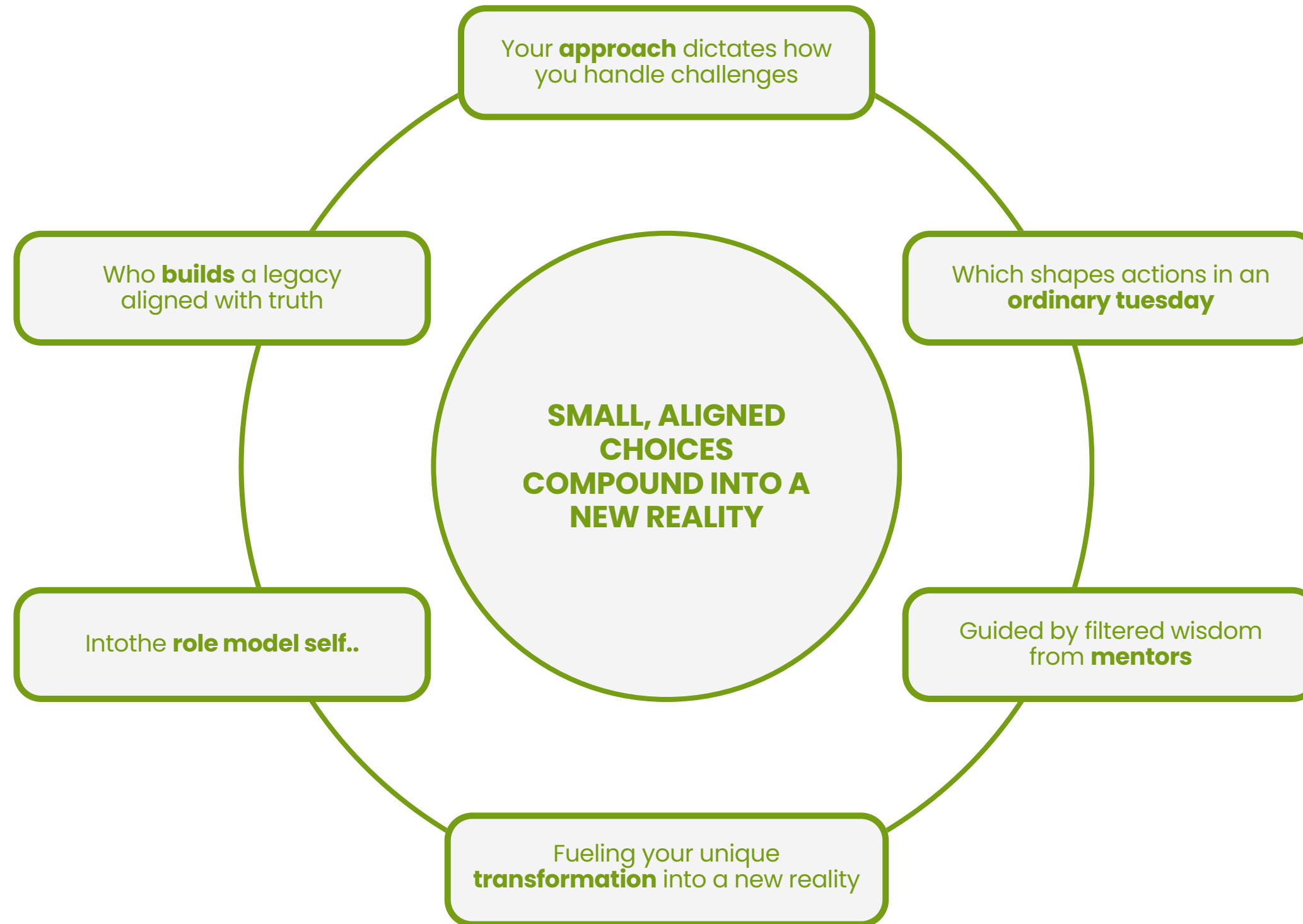
PHILOSOPHY

Your unconscious often knows things your conscious mind hasn’t caught up to yet. Trust what keeps appearing.

ACTION

Give these elements space on the board without requiring them to make sense immediately.

Integration: The Compound Effect



Implementation: The Ritual

MOVING FROM BOARD TO LIFE



THE CONTEXT LIBRARY

The board is not a static poster; it is a reference tool for decision-making.

THE RITUAL

Create a physical token (jewelry, mug, specific location) to “check in” with the Role Model Self before decisions.

REVIEW CADENCE

Monthly: Notice what is shifting.

Quarterly: Update evolved elements.

Annually: Create a fresh versions

HOLISTIC AVENUE

The Destination

**“If a man knows not to which port
he sails, no wind is favorable.”**

You have defined the port. Now, every wind
can be utilized

START WITH SECTION 1 TODAY.
YOUR ROLE MODEL SELF IS WAITING.

