

THE 5 #NOMATTERWHAT PRACTICES

01

HUNT DISCOMFORT

Seek out and do the things that make you uncomfortable.

- What are you avoiding?
- What scares you?
- What don't you want to do?

02

GET A TATTOO

Literally or figuratively, commit so deeply that there's no turning back.

- What do you want to accomplish?
- How important is it?
- What are you willing to sacrifice?

03

BUILD A STREET GANG

Empower others to make you better.

- Who do you spend most of your time with?
- Who gives you reliable feedback?
- How do you know how well you did?

04

FLIP IT

Use limits, problems and obstacles as the door to breakthrough growth.

- What's stopping you? Why?
- What do you actually want to accomplish?
- How else can you get there?

It's only within the unknown that anything new is possible.

CREATE YOUR #NOMATTERWHAT



05

SURRENDER

Radically accept what currently is.

- What don't you like about where you are?
- What are you rejecting?
- What aren't you accepting?