

Quick Reference

Quick Reference Cards

The whole method on one sheet.

Print it, pin it, keep it close. Everything worth remembering, for the days you cannot face opening the book. GROWTH is how you see. DESIGN is what you do. You go round, not up.

The DESIGN Method at a glance

D • Define	Get specific. Use the Five Whys. Focus on what you can control.
E • Envision	Picture 10 percent better. Use sensory detail. Check it fits your values.
S • Strategize	Four if-then lines: standard, bad day, crisis, obstacle. The first three are the sizes, and all three count.
I • Initiate	Start before you feel ready. Shrink the action. Stack the habit. Today.
G • Gather	Build support: knowledge, practical help, skills, accountability. Plus witness, which has no letter and is the one people need most.
N • Nurture	Maintain it. Weekly reviews. Three levels. Celebrate small wins.

The GROWTH Mindset at a glance

G • Grounded	See reality clearly. Accept where you are as a start, not a verdict.
R • Resonant	Align with your actual values, not borrowed expectations.
O • Outward	Recognise your impact. Anticipate pushback. Communicate.
W • Within Reach	Focus on what you control. Start embarrassingly small.
T • Transformative	Treat setbacks as data, not verdicts. Find growth alongside pain.
H • Harmonious	Tend to the whole picture. Keep minimums across every area.

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→ Gap Recovery Protocol, for restarting

1. Notice	You stopped. That's all that happened. Not a verdict on your character.
2. Don't review yet	Don't analyse why while frustrated. That leads to giving up.
3. Do your MVS	Not the full plan. The tiniest, two-minute version. Today.
4. Repeat tomorrow	Two days in a row creates a new streak.
5. Review after 3 days	Now analyse. What triggered the gap? Adjust the plan.
6. Tell someone	Contact your person to reconnect. There is nothing to confess.

🕒 Core concepts

- ☑ 10 percent better beats 100 percent perfect
- ☑ Something always beats nothing
- ☑ Nothing about you needs fixing before you begin
- ☑ Build for your worst day, not your best
- ☑ Setbacks are data, not verdicts
- ☑ Start before you feel ready
- ☑ Readiness is created by action
- ☑ Match your ambition to your season
- ☑ The only real failure is not starting again