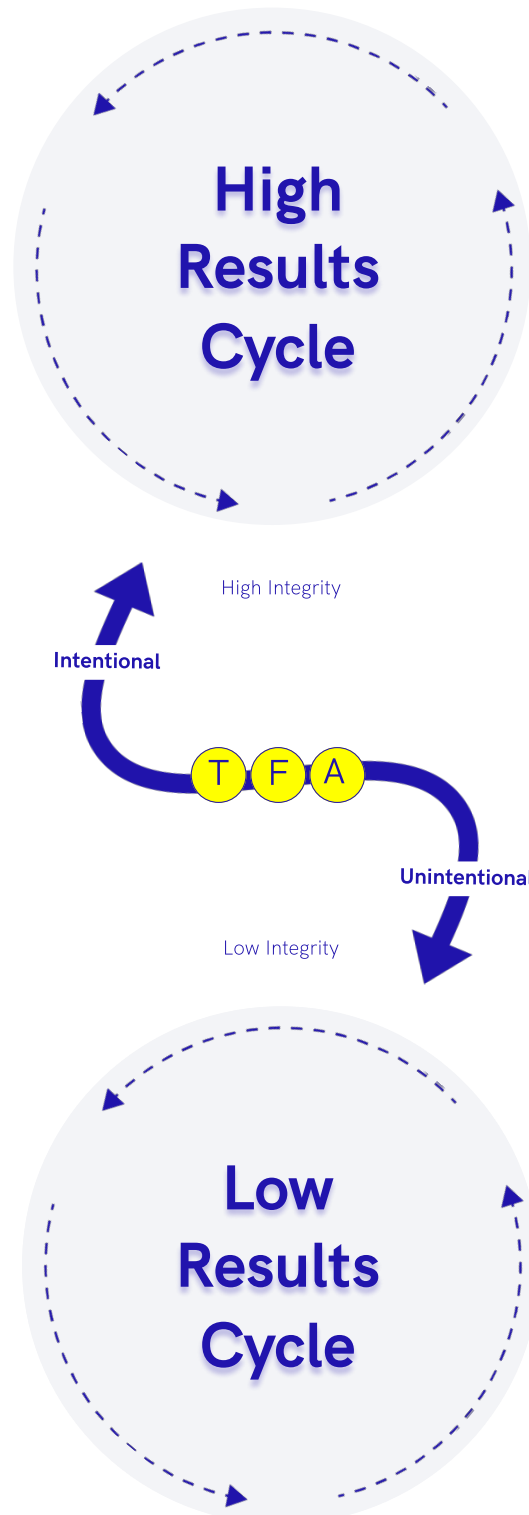


**velocity[®]
work.**

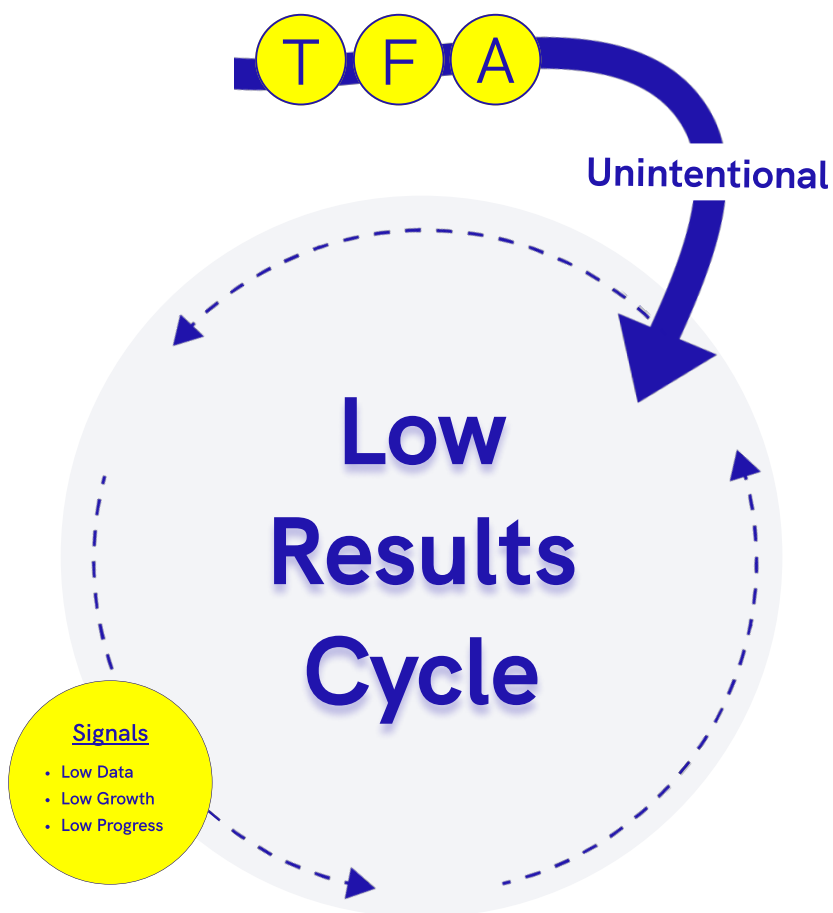
Results Cycle Diagram

RESULTS CYCLE



LOW RESULTS CYCLE

Low Integrity



Feeling States Associated

- Unfocused
- Frustrated
- Anxious
- Gray/Vague
- Busy
- Ineffective
- Split
- Passive
- Lost
- Confusion

“I don’t know”

Action Types Associated

- Reselling people around you in next focus
- Questioning
- Changing mind
- Mentally spinning
- Re-Creating
- Starting over
- Switching

HIGH RESULTS CYCLE

High Integrity



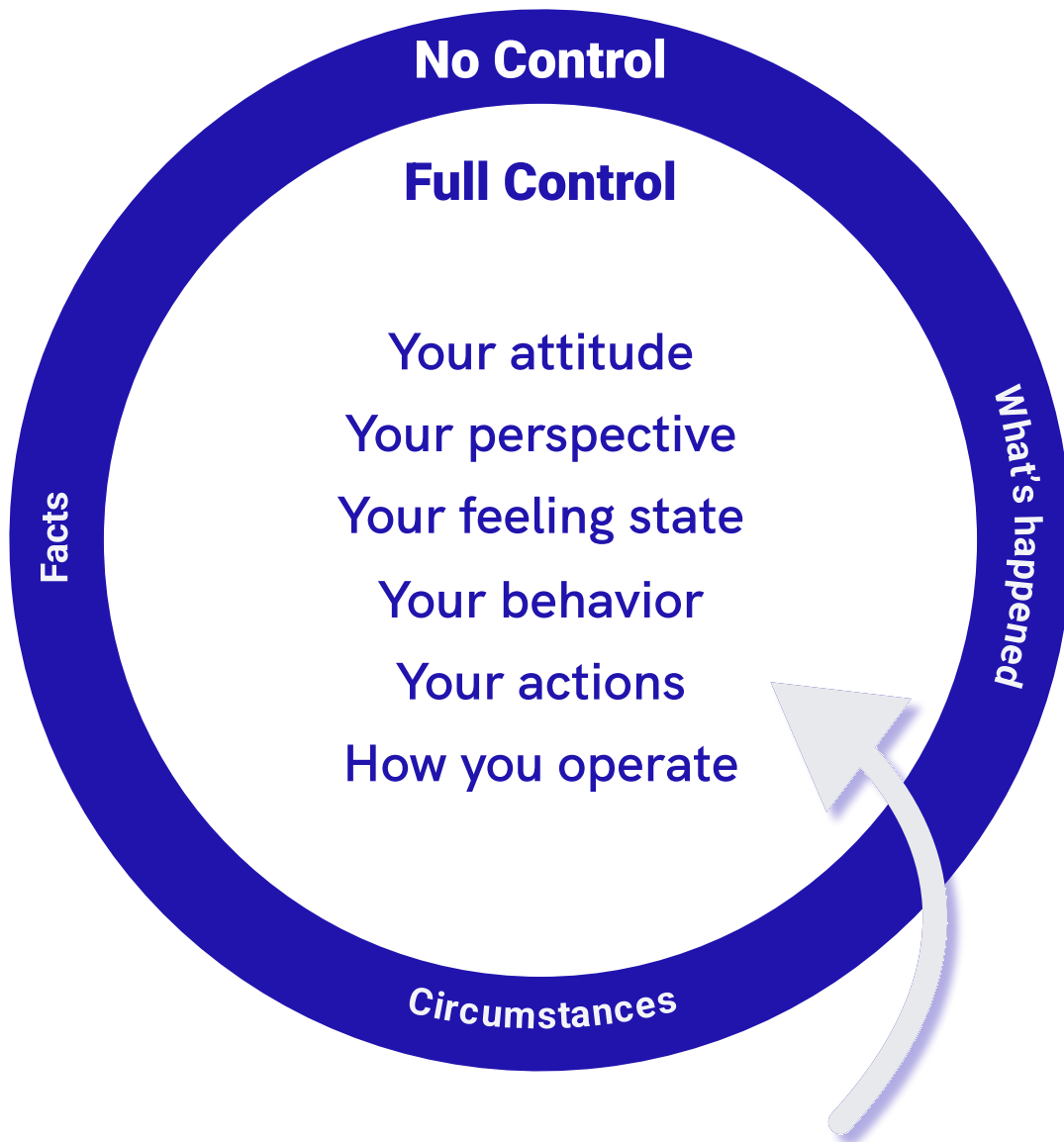
Feeling States Associated

- Clarity
- Acceleration
- Proud
- Calm
- Confident
- Activated
- Focused
- Productive

Action Types Associated

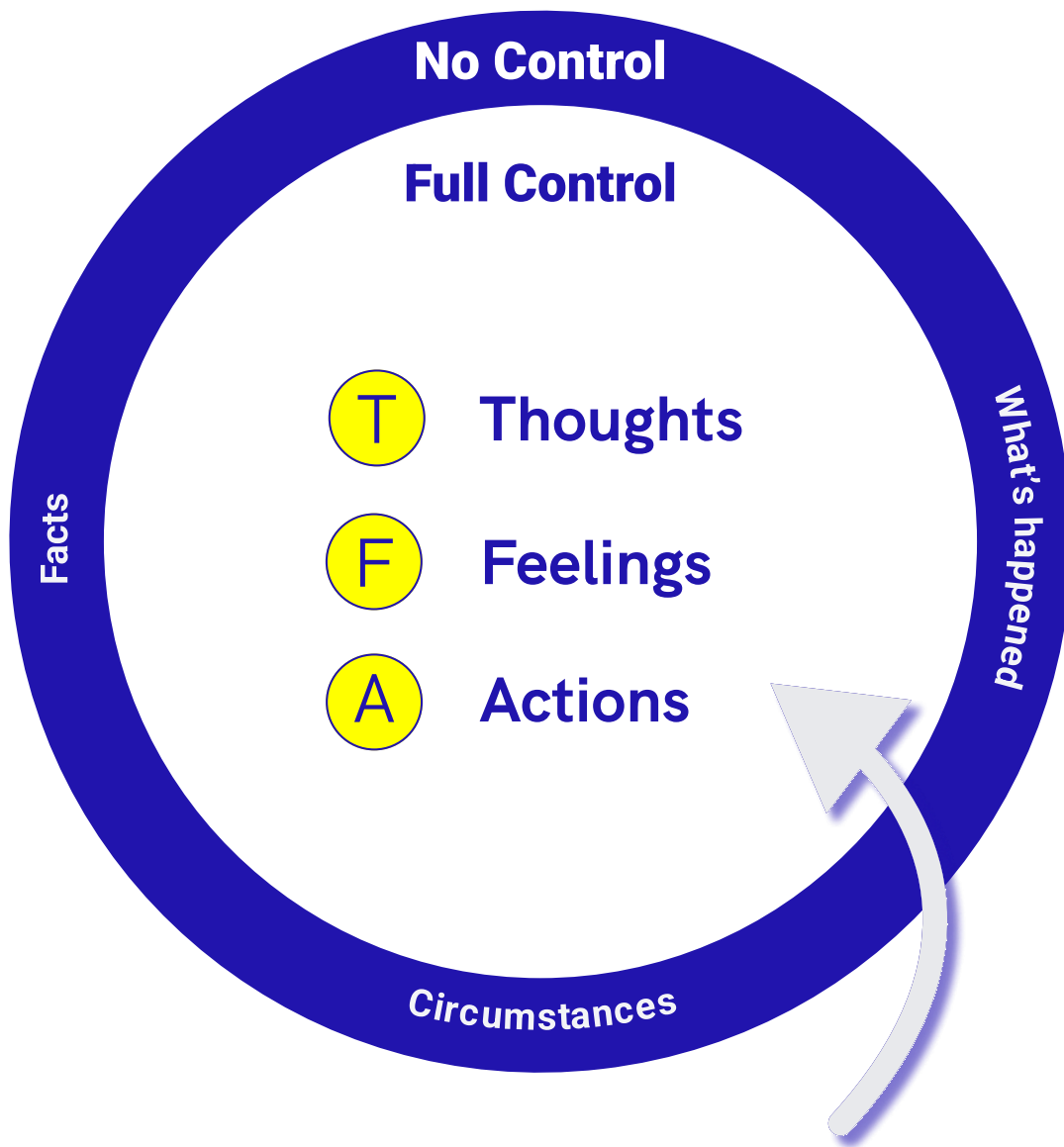
- Evaluating
- Learning
- Calendaring
- Plan/prepare
- Goes on facts, not feelings
- Actively figuring it out
- Makes decisions

NO CONTROL vs FULL CONTROL



This is where all
your leverage is.

THOUGHTS, FEELINGS + ACTIONS



This is where all
your leverage is.

RESULTS CYCLE CONTROL FACTORS

All results derived from T F A

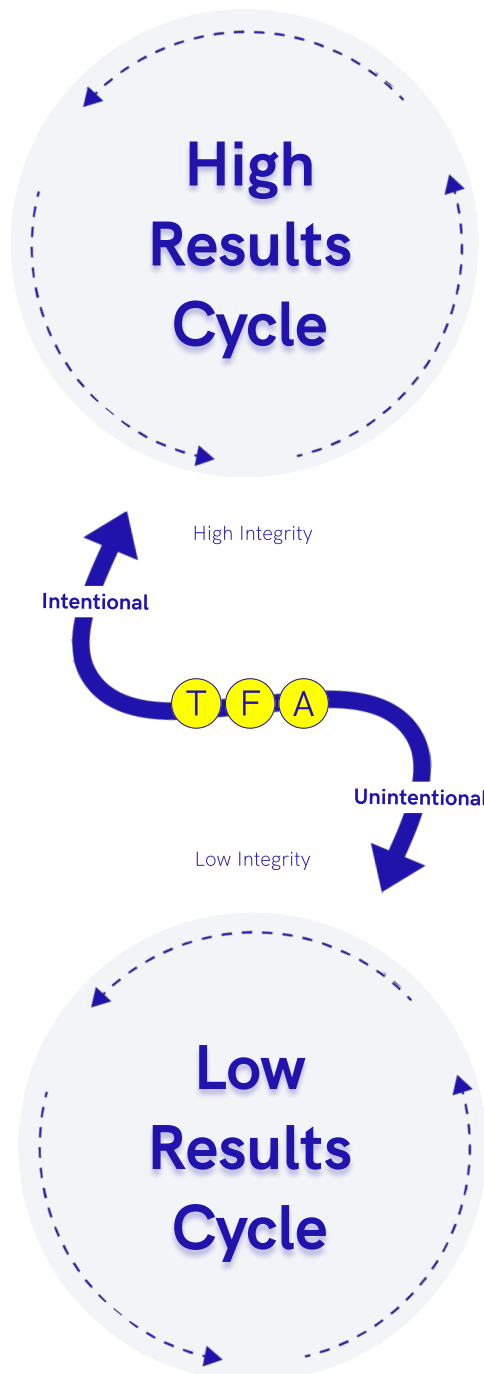


Your part in results creation

HRC vs LRC RESULTS

HRC Results

- Clear vision
- Tracks/measures/evaluates
- Set goals
- Hit goals
- Develop skillsets
- Follow-through
- Time management
- High learning
- Sense of fulfilling potential
- Enjoys life



LRC Results

- Unclear vision
- Not dialed in with firm data
- No defined goals
- Low of follow-through
- At the whim of the world
- Hamster Wheel Effect
- Low learning
- Wishes for results they don't have