

The 4 Pillar Process

Beginner's Guide

How to discover and transition to your Next Season in Life

Propriety of:

"The Road to Happiness and Fulfillment"

Company

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The 4 Pillar Process

Perception || Planning || Progress || Perspective

Do you feel **depleted** from the monotony and **dullness of life**?
Nothing excites you and you're **not looking forward** to anything?
Is your **anxiety rising** when you're thinking about the future?

If you do, follow the 4P Process outline below to discover how:

- You can **be more in control** of your days and the things you do.
- You can **have more energy** and **be more excited** about your future.

The **4P Process** will help you discover and transition to your
next season of life!



Step 1. Perception (Self-Awareness)

Perception = the ability to see, hear or **become aware of something** through the senses

- Understanding yourself is the first step in discovering your values, desires, your interests, and aspiration. Digging deeper into your mind with more self-reflection will give you the answer to the questions: What do I want from my life? What is my passion? What is my purpose?
 - The more you are capable to shunt away the voices of the past and the influence of society, of your friends and family, and truly listen to your inner voice the faster you will be able to answer these burning questions. That is what Perception will do for you.
 - **Tools to use:**
 - Meditation & Journaling
 - Books and podcasts
 - Coaching to help with Value Analysis and Identity Card Creation
 - **Results** from this process will create **CLARITY** of what your **desired future (next season) will be.**
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Step 2. Planning

Plan = a detailed proposal for doing or **achieving something**

- Once you're able to clarify what your desired future will be (next season), you must create a plan on **how to get there**. The challenge most people have is that they think a plan is like a New Year's Resolution - say it once and forget about it. We must be intentional and purposeful with our journey to that desired future. The way to do so is by tackling it from both ends: "The Big picture", as well as "The Small picture". **Macro and Micro**. Ask yourself (and write down your answers):
 - **Macro:** To achieve my desired future where should I be in 5 years? How about 1 year? 6 months?
 - **Micro:** What do I need to do tomorrow, next week, and next month to get to where I want to be in 6 months year? In 1 year?
- **Tools to use:** SMART Goals
- Macro plan is needed to get you excited and dreaming about what the future can be. Micro is even more necessary as the Macro plan can get intimidating and overwhelming, which can stop you from doing the work. But when you know what you need to do next week (next month) and just focus on that, your micro plan will not scare you, but excite you.

Results from this process will be the **relief** of knowing what to do and the **action** you will need to take.



Step 3. Progress (Growth)

Progress = forward or onward movement toward a destination.

- Doing busy work does not equate to making progress. Someone can go to the gym 7 days a week, yet if they don't add more weight or increase their reps, they are not making progress. Which means that they are *regressing*, *not progressing*. As humans, we get satisfaction from growing, from advancing, from ... progress. When we know what we want (what that next season is) and we execute on our plan, we will see the growth, which will get us energized about the future and making more progress.
 - **Tools to use:**
 - Gamify your plan: Make a list of all small tasks that you can check off at the end of the day.
 - What gets recorded gets rewarded. Track your progress & celebrate it
 - **Results:** When making progress towards the things that we want and we see that changes happening, we create **certainty**, we create a level of **confirmation** that we are on the right path. And with confirmation, we get the **motivation** to keep *going and keep growing*.
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Step 4. Perspective (Attitude)

Perspective = a particular **attitude** toward or way of regarding something;
a point of view.

- We have all gone through things in life. We have our experiences that shape the way we think and believe life should be. Having an open mind and observing these things from a new perspective is necessary to overcome past programs (experiences) which create limiting beliefs that hold us back. Embracing a new attitude, one of a growth mindset is crucial when looking to reach the next season in our life.

- Adopting the perspective of a growth mindset will help you move from "I can't do that" to "I can't do that, **YET!**", which gives you the power and the confidence that if you know what you want, you have a plan and you are consistently making progress, in the long run, you **WILL DO THAT!**
 - Ask yourself: How can I reframe this bad thing into a good thing?
 - **Tools to use:**
 - Positivity (it won't guarantee success, but negativity will guarantee failure)
 - Gratitude (rather than focusing on what you don't have, focus on what you do)
 - Meditation
 - Having the proper perspective in the process will help you overcome frustrations, challenges, and setbacks and it will **result** in perseverance, drive, and enjoyment of the journey on which you'll embark.
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Following this **4P Process** will ensure you will start on the path to discovering your passion and your purpose to transition into the **next season in life**.

Seneca said that "it takes a lifetime to learn how to live". Once you've applied the **4P Process** and you are on your way to living a more meaningful life, you must continue the work. To stay on the journey, apply the **4R Process**:

-  **Reward** - each day you've made progress
 -  **Review** - Each week what worked, what didn't
 -  **Refresh** - With the new information from the action taken, update your goals and your plan.
 -  **Repeat - Be agile.** Continuously improve your **4P Process**.
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