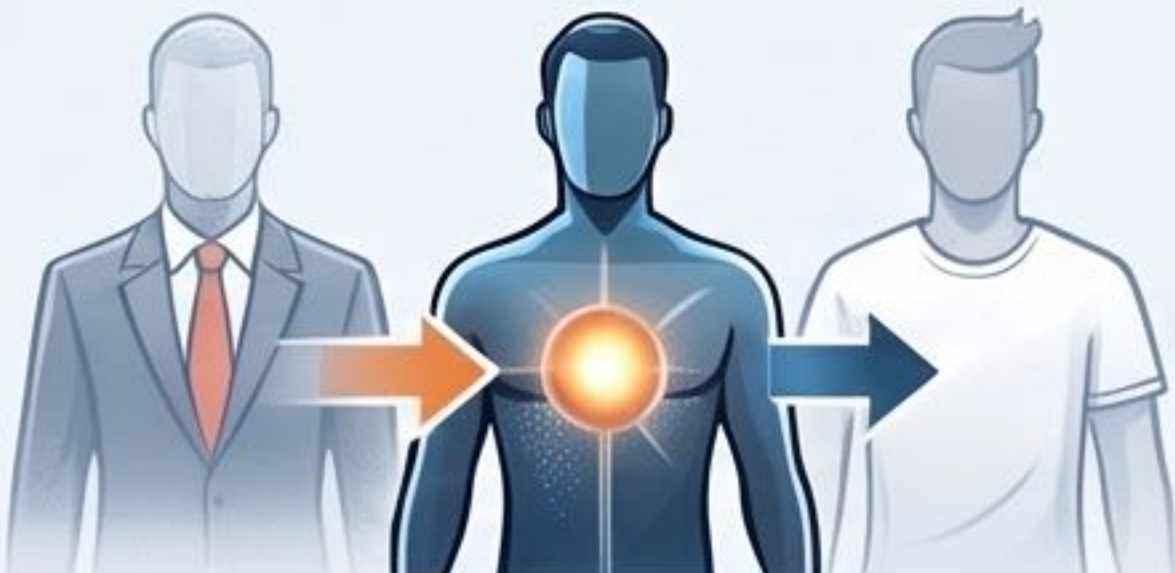


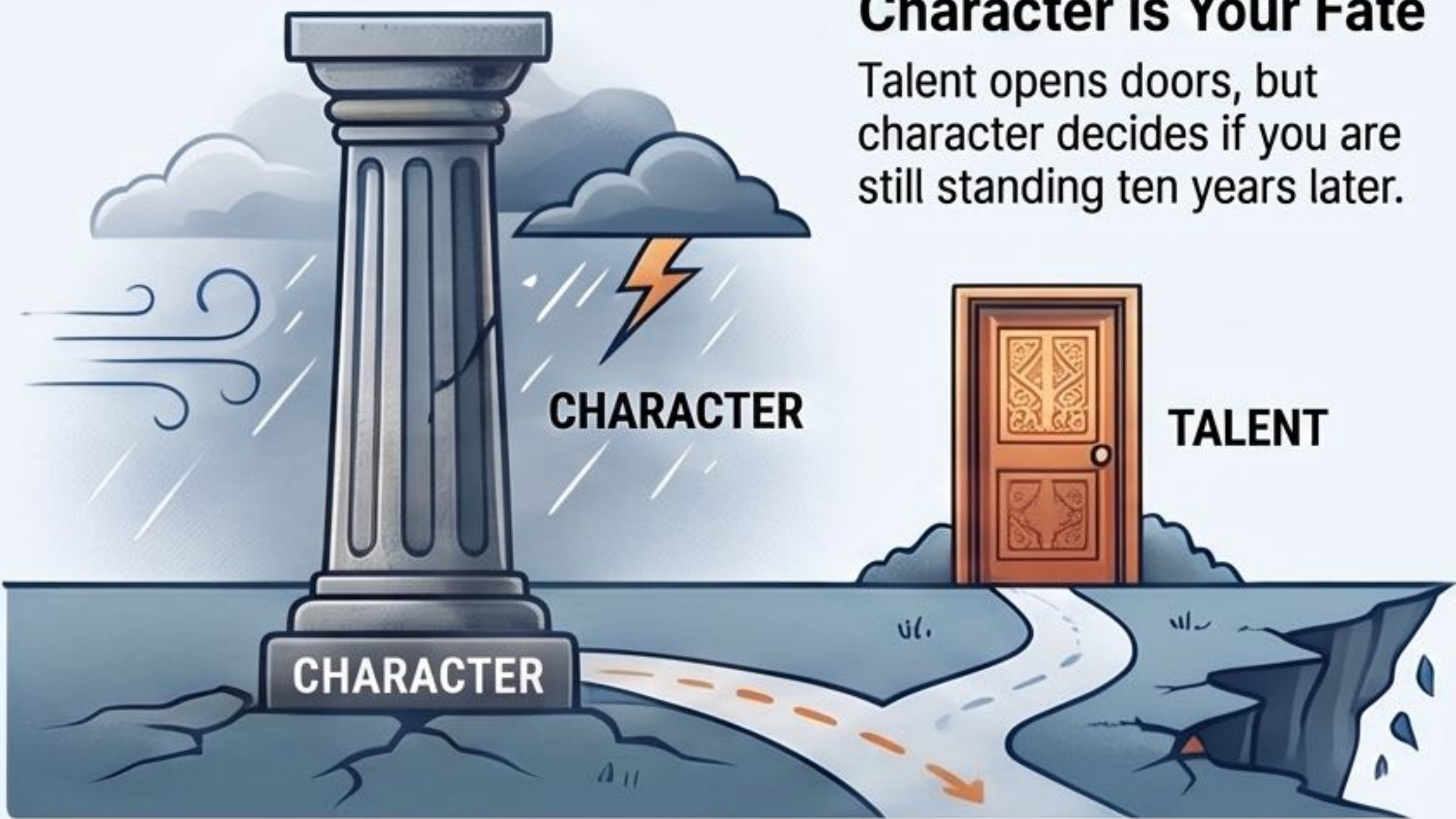
Convictions You Can Set A Clock By: The Path to Radical Consistency

Defining Real Conviction



Integrity is Integration

Being the same man at work, at home, and alone, regardless of the audience.



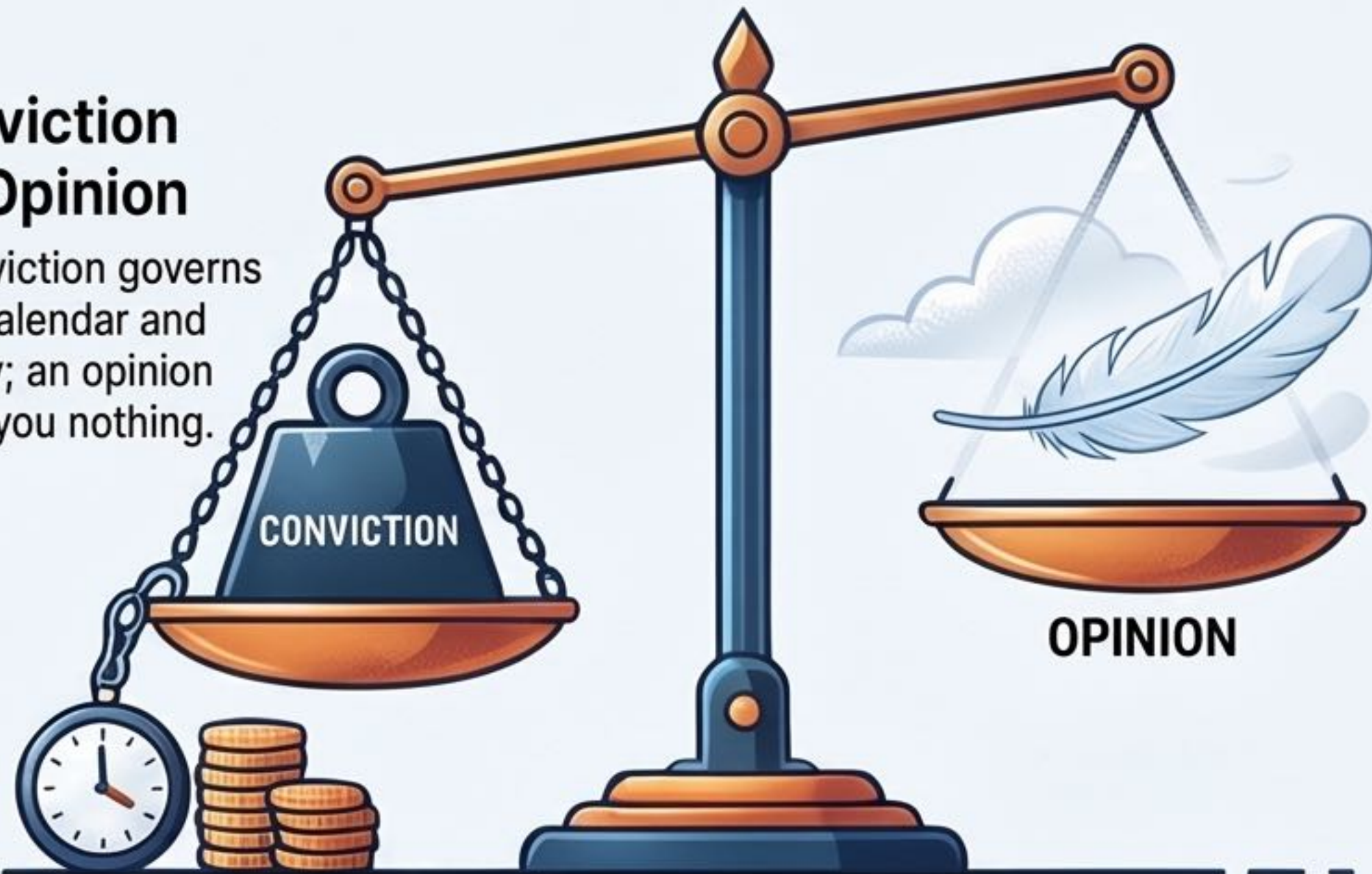
Character is Your Fate

Talent opens doors, but character decides if you are still standing ten years later.



Conviction vs. Opinion

A conviction governs your calendar and money; an opinion costs you nothing.

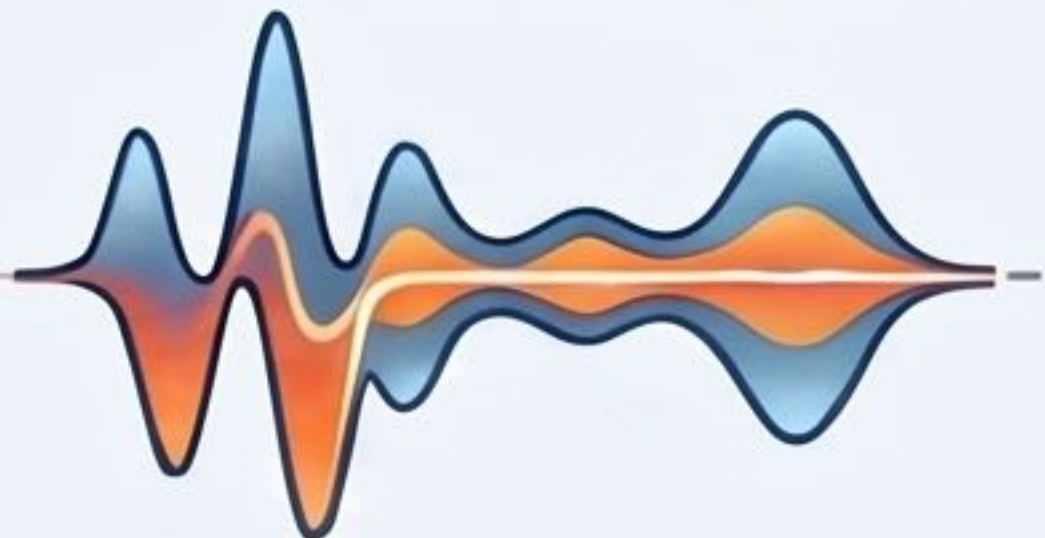


The Tools of Consistency

- Build Guardrails, Not Just Willpower
Use strong routines to act rightly on days when motivation and emotions run dry.



- Narrow the Bandwidth
Focus on shrinking the gap between your peaks and valleys rather than chasing perfection.



- The Shield Lock Requirement
You need at least one man authorized to tell you the hard truth about your 'gap'.



The Amateur



The 'Fiux' (Emotional reactions/moods)



Acts when it feels right or is easy



Self-graded and isolated

vs.

Driving Force

Standard

Accountability

The Pro (Consistent Man)



Routines and Disciplines



Acts regardless of how he feels



Verified by a 'Shield Lock' (Brothers)