

# BREAK BARRIERS BLUEPRINT

People expected me to be dead or in jail by 21. In 2007 I started at R&R Pipeline making **\$9 an hour with a shovel in hand.**

Then a mentor asked me one question: **“What the hell are you doing with your life?”** I became a Crew Leader at 22. I owned the company at 30.

It started the day I told the truth about what was holding me back. Grab a pen. Give this 20 minutes. Don't lie to yourself.

**01**

## **BREAK DOWN**

Tell the truth. List what's holding you back.

**02**

## **BRIDGE**

Turn your top issues into daily non-negotiables.

**03**

## **BUILD UP**

Set one goal. Hit it in 37 days.

STEP 01

# BREAK DOWN

Reality check: time to look in the mirror, not out the window.

- 1 List every issue holding you back right now.
- 2 No filter. No excuses. Get it all on paper.
- 3 Can you control changing it? Circle Y or N.

| WHAT'S HOLDING ME BACK | IN MY CONTROL? |
|------------------------|----------------|
| 1                      | Y N            |
| 2                      | Y N            |
| 3                      | Y N            |
| 4                      | Y N            |
| 5                      | Y N            |
| 6                      | Y N            |
| 7                      | Y N            |
| 8                      | Y N            |
| 9                      | Y N            |
| 10                     | Y N            |

## STEP 02

# BRIDGE

Build the bridge.

- 1 Pick your top 1 to 5 issues within your control from Break Down.
- 2 Beside each one, write the daily non-negotiable habit that helps you overcome it.
- 3 Stuck? Use the Standards of Greatness below.

| TOP ISSUE | MY DAILY NON-NEGOTIABLE |
|-----------|-------------------------|
| 1         |                         |
| 2         |                         |
| 3         |                         |
| 4         |                         |
| 5         |                         |

### THE FIVE DAILY STANDARDS OF GREATNESS

Can't find your own? Start here. Every day. Forever.

**1 NO SNOOZE!**

**2 PHYSICAL OUTPUT**

**3 MENTAL INPUT**

**4 TRACK & ATTACK**

**5 GRATITUDE & PREPARATION**

STEP 03

# BUILD UP

Stack the win. The 37-Day Playbook.

- 1 Set one goal you can hit in 37 days with your new non-negotiables.
- 2 Make it specific and measurable. Black and white outcomes. No grey.
- 3 On Day 37: did you win or learn?

**MY 37-DAY GOAL**

What progress will be in place 37 days from now?

START DATE

DAY 37 DATE

DAY 37: WIN / LEARN

Non-negotiables are every day. **The 37 days are the proof.**

**YOU BROKE THE BARRIER.  
NOW BUILD THE SYSTEM.**

**WORK WITH ME**

What barrier are you working through?  
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