



UNDAUNITED



UNDAUNTED

Program Overview

If I could drive home one distinction from the outset of our time together, it would be this:

Progress isn't complicated.

You'll notice a theme of triangles within the framework and logo of Undaunted. This is no accident. It's the most basic of defined shapes and represents two competing triads (the lower brain's **Directive**, and the higher brain's **Calling**).

The purpose of Undaunted is quite simple:

1. Bring keen awareness to our lower brain's Directive (I also call this as Primal Tension):
 - a. Efficiency
 - b. Seek pleasure
 - c. Avoid Pain
2. Observe the outcomes Primal Tension produces:
 - a. Apathy
 - b. Boredom
 - c. Criticism
3. Access the Calling of your higher brain to harness the power of:
 - a. Action
 - b. Belief
 - c. Connection



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Program Overview

To pursue any goal in life, really only need to know three things:

What. Why. How.

1. What do you want? (**Intention**)
2. Why do you want it? (**Reflection**)
3. How will you pursue it? (**Action**)

Pick a star, pray, and go.



It's been said that's how our ocean-braving brothers and sisters discovered and inhabited the isles of the sea. We are on a similar journey.

1. The star they picked is the top point in the triangle (**Intention**).
2. Prayer is the beliefs fueling their journey; this is the bottom right (**Reflection**).
3. The actions they took to pursue their intentions can be thought of as a boat, or their measurable actions - the tangible choices they made to cross the waters (**Action**).

Knowing what we're up against (Primal Tension - think of this as the ocean), we can pick our destination, fuel our journey with empowering beliefs, and physically propel our vessel toward our goals.

The ocean of life has it's storms and fascinating creatures along the way, but navigating the waters of uncertainty with Intention, Reflection, and Action, we'll be able to fulfill our true passions in life.

Are you ready?

Let's *pick a star, pray, and go!*

UNDAUNTED

Program Overview

Over the next six weeks, we're embarking on a journey to pursue a goal of your choosing. All of us feel that call, that invitation to embrace and cultivate more.

Like our sea-faring brothers and sisters of old, you're going to pick a star (Intention), pray (Reflection), and go (Action).

Primal Tension (the pull of our lower brain) has kept us apathetic about our goals, bored of life, and critical of ourselves, our families, and the world at large.



The good news: we're taking ownership of just how much of our lives we've relinquished to our lower brain's directives (be efficient, seek pleasure, avoid pain), and we're calling upon our higher brain to create our experience.

We're going to learn to move out of apathy and into Action, vanquish boredom with Belief, and calm criticism with Connection.

Just like anything in life, the quality of your outcomes hinges on the quality of your input. With the tools and techniques of Undaunted at your disposal, you choose what you'll get out of this journey. Believe it or not, just twenty minutes per day engaging with the content will propel you forward.



Program Itinerary

Week 1: The Art of Awareness

Learn

- Introduction Video to Undaunted
- Weekly Expectation Video
- The Model (CTFAR) - Circumstances, Thoughts, Feelings, Actions, Results
- Thought downloads (get eyes on your brain)

Personal Outputs

- Letter to self (sealed, to be read at the end of six weeks)
- Thought download about your past self
- Thought download about your present self
- Thought download about your future self
- A Model a day (practice makes progress)

Progress Call

- Discuss your progress, insights, and next steps

Week 2: Primal Tension vs. Called to Create

Learn

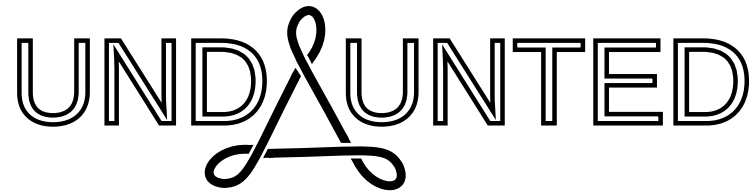
- Weekly Expectation Video
- Primal Tension (pull of the lower brain)
- The Call to Create

Personal Outputs

- Thought download of Primal Tension's reality in your life (the benefits and challenges)
- Thought download of your Call to Create (the benefits and challenges)
- A Model a day (practice makes progress)

Progress Call

- Discuss your progress, insights, and next steps



Program Itinerary

Week 3: Pick a Star and Pray

Learn

- Weekly Explanation Video
- The Indisputable Power of Beliefs
- The Source of Passion

Personal Outputs

- Thought download: What promoting beliefs have fueled you thus far?
- Thought download: What limiting beliefs have impeded you thus far?
- Pick a Star: Relationship to explore and or Ideal to pursue
- Personal Credo: Three anchoring beliefs to fuel your journey
- A Model a day (practice makes progress)

Progress Call

- Discuss your progress, insights, and next steps

Week 4: Time to Go!

Learn

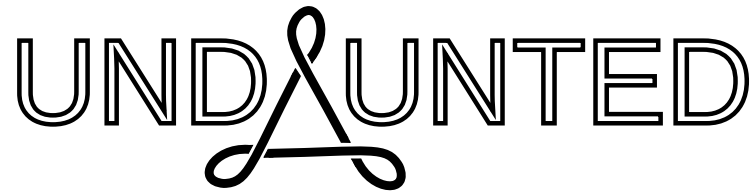
- Weekly Expectation Video
- How to Harvest Time
- How to Build a Ship
- The 5 Second Rule

Personal Outputs

- Action Plan
- Progress Tracker
- Thought download: What's working, and why?
- Thought download: What's not working, and why?
- A Model a day (practice makes progress)

Progress Call

- Discuss your progress, insights, and next steps



Program Itinerary

Week 5: Emotional Independence

Learn

- Weekly Explanation Video
- Emotional Childhood vs. Emotional Adulthood
- The Manual
- How to Care (and when not to)

Personal Outputs

- Letter of appreciation to yourself
- Letter of appreciation to someone else
- Thought download: What manuals have you written for the people closest to you?
- A Model a day (practice makes progress)

Progress Call

- Discuss your progress, insights, and next steps

Week 6: Barnacles & Adjusting Course

Learn

- Weekly Expectation Video
- The 50/50 rule
- Fine tuning your ship
- Honoring the Calendar

Personal Outputs

- Letter to self (seal and set a reminder to read six weeks later)
- Read your sealed letter from Week 1
- Thought download: Where are you at now compared to Week 1?
- Thought download: What's been contributing to your progress? Why?
- A Model a day (practice makes progress)

Progress Call

- Discuss your progress, insights, and next steps

“The Directive”: The Lower Brain’s Operational Triad

1. Efficiency
2. Seek Pleasure
3. Avoid Pain



Understanding Primal Tension

Primal Tension: The Tug-of-War Between Your Ancient Brain and Your Modern Goals

Deep within your reptilian brain, a primal force whispers its directives. It's not concerned with chasing deadlines, acing exams, or building a fulfilling career. Its sole focus is survival, etched in the grooves of our evolutionary history. I call this ancient imperative Primal Tension. It constantly pulls us towards immediate gratification, risk aversion, and the pursuit of basic pleasures like food and sex.

Imagine it as a constant tug-of-war within you. On one side, there's Primal Tension, urging you to hit the snooze button, indulge in that extra slice of cake, or avoid the challenging conversation. On the other side, your conscious mind, striving for long-term goals, healthy habits, and personal growth.

The Allure of the Comfort Zone:

Primal Tension thrives in the familiar. It whispers sweet nothings about staying in bed, watching another episode, or sticking to same old default routine. It makes the gym seem daunting, the healthy salad unappealing, and the unknown territory beyond your comfort zone downright frightening. This is because our ancient brain, forged in a time of scarcity and danger, prioritizes immediate survival over long-term benefits. It sees a skipped workout as saved energy, a gallon of ice cream as a burst of fuel, and staying in your comfort zone as avoiding potential threats.

The Roadblocks to Progress:

This Primal Tension can be a formidable foe in our pursuit of personal goals. It can:

Hinder healthy habits: Late-night snacking, procrastination, and unhealthy coping mechanisms all stem from the primal urge for immediate pleasure and avoidance of discomfort.

Sabotage long-term goals: The desire for instant gratification can make us prioritize short-term wins over long-term progress, leading to abandoned goals and unfulfilled dreams.

Limit personal growth: Stepping outside our comfort zone is crucial for personal growth, but primal tension often keeps us tethered to the familiar, hindering our ability to learn, explore, and evolve.

Befriending the Beast, Not Banishing It:

The good news is, Primal Tension isn't an enemy to be vanquished. It's a fundamental part of our being, a reminder of our deeply ancient roots. Instead of fighting it, we can learn to acknowledge its presence, understand its motivations, and harness its power for good. Here's how:

Primal Tension cont.

Awareness is key: The first step is recognizing and acknowledging the pull of Primal Tension in your daily life. Notice the voice that whispers to skip the exercise, indulge in comfort food, or avoid difficult conversations.

Challenge its directives: Don't blindly obey. Question the urges and analyze the long-term consequences of giving in. Often, the short-term pleasure isn't worth the long-term detriment.

Make conscious choices: Don't let your primal brain be the sole decision-maker. Engage your conscious mind, weigh the pros and cons, and choose actions that align with your long-term goals and values.

Find inspiring substitutes: Channel your primal urges towards positive pursuits. Exercise can be a great outlet for the fight-or-flight response, while healthy eating can fuel your body and mind for optimal performance. Instead of engaging with pornography and its salacious companions, determine how you can channel your curiosity and creativity into enhancing the lives of others.

Celebrate small victories: Every time you choose your long-term goals over immediate gratification, you're winning the tug-of-war. Acknowledge and celebrate these victories, no matter how small, to reinforce positive behavior.

Remember, Primal Tension is not a flaw, but a force to be reckoned with.

By understanding its motivations and making conscious choices, we can transform it from a roadblock to a powerful ally in our pursuit of a fulfilling life. So, the next time you feel the tug of the ancient beast, don't be afraid. Acknowledge it, understand it, and then, with a gentle but firm hand, guide yourself towards the path of long-term growth and well-being.