



THE
TRIGGERPROOF
PORTAL

MY #CYCLEBREAKER ROADMAP

In the spaces below, as honestly as possible, fill out the answers to the best of your ability. This will help bring clarity to your aim, and a visual of where you will put your focus so that you will be able to track Incremental progress on your journey.

This is a lifelong path, with many twists and turns. For the next 90 days, we will set the targets in such a way where we'll be able to track our progress and be able to make refinements along the way.

- 1) Why are you here? What was the INCITING INCIDENT that made you want to register? (What was your wake up call?)
- 2) Was this a one-time event or a pattern that is leading to an unwanted consequence in your life?
- 3) What have you tried before to solve this? (Therapy, Counselling, Courses, Youtube/Podcasts)
- 4) What have been your results? What has worked? What hasn't?
- 5) What was your Beck Depression Index Score?
- 6) If you could fast forward 90 days, where would you love to be? Be specific, outcome based.
- 7) Let's Reverse Engineer the above outcomes. What skillsets and Mindsets/Beliefs about myself would I have to adopt to make this happen?
- 8) The Gap: What do I need the most help/support with?