



The 2 Minute Speed Builder.

Name your Goals and declare your Next Step in **2** minutes, list out your possible options, that can get you to your desired outcome.

THE A.S.D. METHOD

Assert, Solve, and Discover.

Are you 18 - 45, and struggling?

College or trade? Stay or leave? Business or work?

Everyone has the right to succeed, and you were born with the instincts to do so. Now it's time to pick what path in front of you, serves your highest good.

🚩 Assert

Write out your **dreams**, **and** what you want to become. Write out a full list of **opportunities** you can take action on **today**.

💡 Solve

Chart and **navigate** to your goal, by **drawing a line between** your starting point **A**, and your end goal, **Z**.

🧭 Discover

Sit down with your list of **opportunities**, and cross off everything that does not align. Generating a list of **2 to 5** options, and **Start there**.



2 Minutes. One Page. One Real Move.



1

Assert

Take action on what you know, then get specific in regards to your goal.

2

Solve

Cross out excess options. Set up a study area, and follow through on your daily chores.

3

Discover

Pick **one action** in the next 24 hours, that places you into your future **goal**.

The Free 5-Day Momentum Builder.

Confidence comes from action — Below is the Day by Day process, of what we study in the **Free 5-Day Momentum Builder**.

Day 1

Plan — What is your Goal or Dream, and what's holding you back? What's stopping you?

Day 2

Assert — Write down your plan, and take action on what you know; gym, chores, responsibilities.

Day 3

Solve — Overwhelming obstacles, and obvious information gaps in your expertise.

Day 4

Discover — Develop new pathways of learning and data, to help you to your goals.

Day 5

Review & Recap — Sit down and look through your documented progress, and start planning for your next step.



Well done, click here to continue:

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