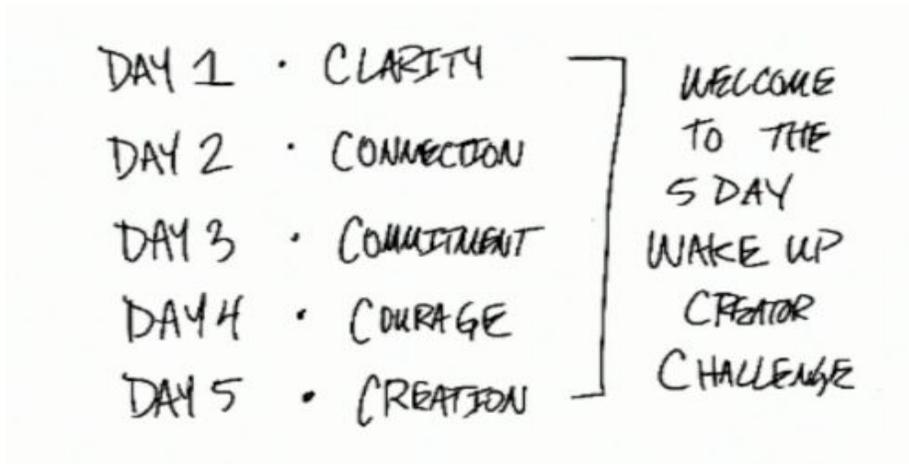


FIVE-DAY WAKE UP CREATOR CHALLENGE - DAY #1: CLARITY

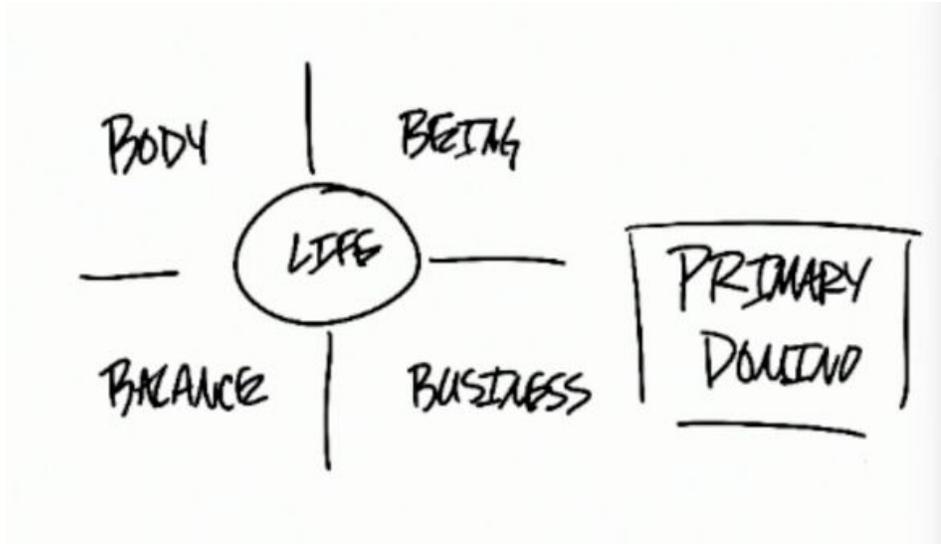
1. **Onboarding Process** [00:00 - 05:02]
2. **Welcome, Overview, Purpose** [05:02 - 16:54]
 - We're testing a new way of looking at the conversation of the Warrior's Way.
 - It's all about the **RESULTS**.
 - Tools: journal, paper, iNotes, etc.
 - Do this challenge with an **ALL-IN** attitude.



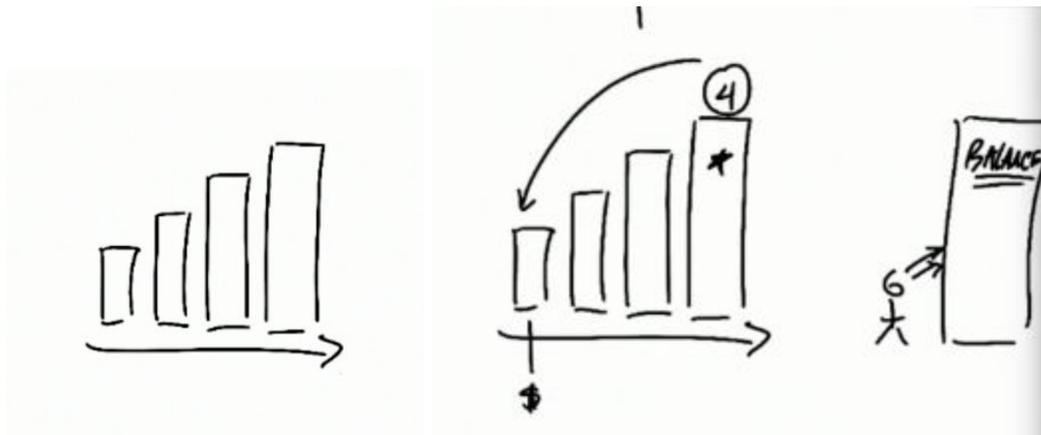
3. **The 'Have It All' Framework** [16:54 - 43:50]

"I'm more fucking committed than I am talented, and I realize that being committed is a talent that everyone can fucking choose."

--Garrett J White



- Life happens every day inside these four domains.
- One of these domains is the 'Primary Domino' that begins the sequence of action.
- Not all action is equal - you must **identify & prioritize** your behaviors and clarify your **PRIMARY DOMINO**.



- **Book recommendation:** "Linchpin: Are You Indispensable?" by Seth Godin.

"The habit that I was building was the desire to GO!"

--Garrett J White



- **Primary Domain** [43:50]

"My job this week is to help you slow the fuck down and see that you already have most of the answers that you need. The thing we're missing is, SHIP IT."

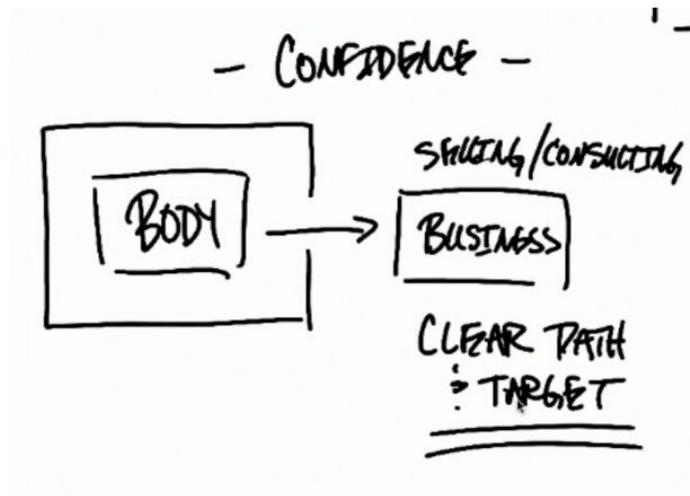
1. Learning how to do it allows you to duplicate it.
2. Ask better questions.
3. Stop trying to hit home runs, fall in love with singles.



4. **Breakout Groups - Share** [49:27 - 1:13:53]

- What is your Primary Domino for the week?
- What is the thing you know you need to “ship?”
 - Everyone gets a chance to share, 3-5 min max.
 - Ask questions (Tell us more about that, why does that matter, etc.)

5. **Garrett - Live Share with Kile S.** [1:13:53 - 1:19:38]

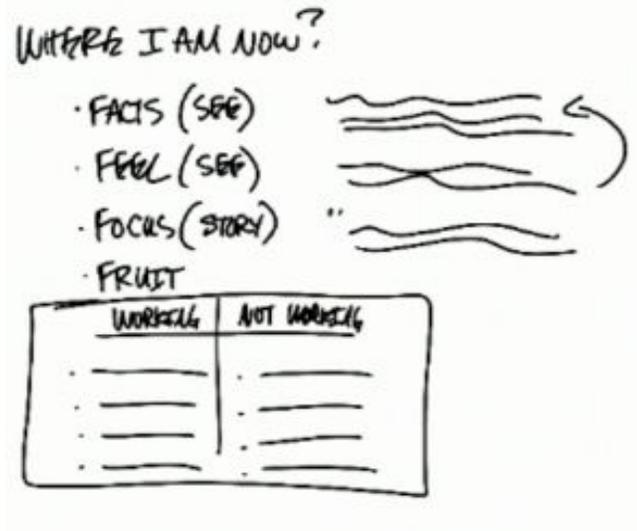


6. **Assignment #1, Part 1: Primary Domino - “Where Am I Now?”**
[1:19:50 - 1:30:02]

“When you are clear about where you are now, where you want to go next becomes a natural path of creation and connection.”

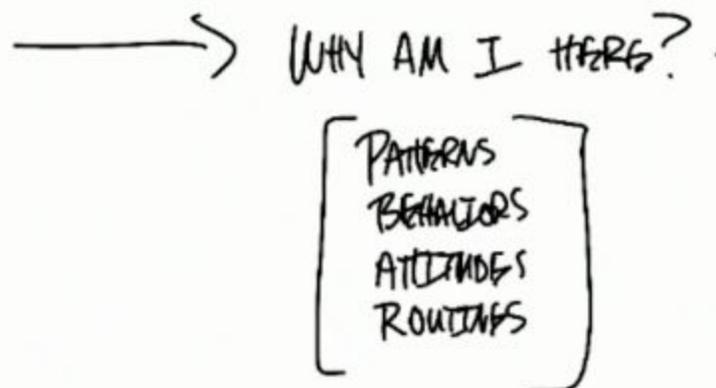
--Garrett J White

- Is there a story that’s blocking your clarity?
- Am I not being honest about **where I am now**? Look at the **facts, not fiction.**
- **Fruit:** organizing your facts about “today” into Working/Not working.



7. **Assignment #1, Part 2: Primary Domino - “Why Am I Here?”** [1:30:02 - 1:34:33]

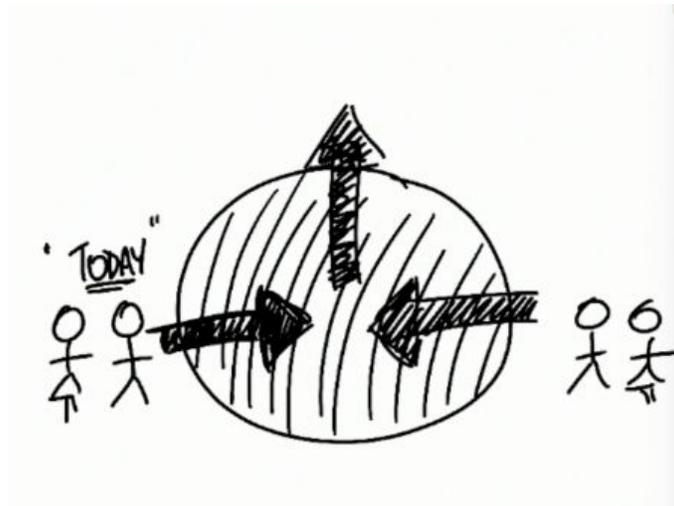
- Why did you get to this place?
- What are the behaviours that brought you to your current results?
- Your results are **not accidental**; they're by **your own design**.
- These are not emotional opinions, hopes, or wishes.



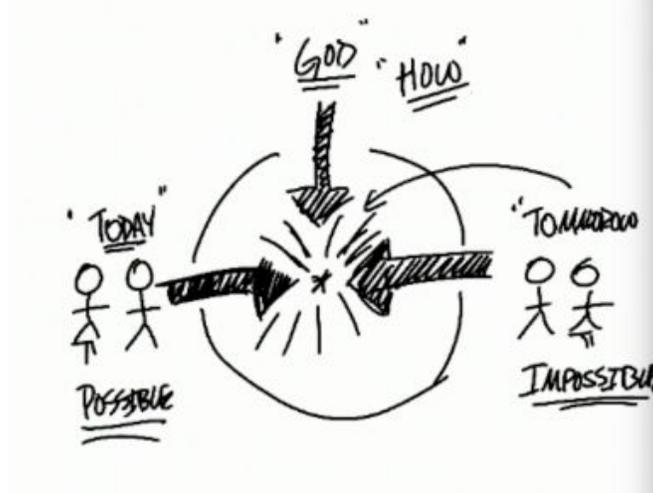
8. **Assignment #1, Part 3: Primary Domino - “What Do I Want Next?”**
[1:34:34 - 1:43:24]

→ WHAT DO I WANT NEXT?

- Because you're not clear, there is no connection to a version of you in the future that has already produced this massive result.



- When you get clear, the space opens up, parting the veil and darkness that holds you back from seeing the answer - the thing you truly want- that comes from a **future version of you**.



The "I AM MASTERMIND."

"Connection cannot come without clarity, and clarity cannot come without honesty. If you are a liar, you are cut off from the connection. If you are cut off from the connection, you will not harness commitment. If you do not harness commitment, you will have no gift of courage. If you have no gift of courage, no commitment, no connection, and no clarity, the only thing you will create is shit - more drama, more problems, and more of the same thing."

--Garrett J White

9. Summary/Final Thoughts [1:43:24 -1:49:35]