

“Although the situation itself wasn't ideal to be in, I had the desire to figure out where I could do better, and ultimately how we can continue pushing forward to get results. Once the situation occurred, my intention was to let it happen and then figure out what the next step is.”

--Samuel Finlay

2. BREAKOUT GROUP SHARE: Idea, Four Measurable Facts, Obstacles & Strikes - [31:30 -53:54]



Nathan

Idea: I have taken the divorce and the separation with my family and turned it into something powerful so that I can move forward. (possible idea)

Rick

Idea: I'm a Broadcasting voice within the Vegan space.

Conan

Idea: I am the #1 affiliate for Wake Up Warrior.

3. “Tighten Up The Idea” [53:54 - 1:36:32]

“The minute it looks doable, it's simple. But when we make it complex, we will fail and sabotage the shit out of ourselves.”

--Garrett J White



Garrett took three people through the process of tightening up their ideas and coming up with four Measurable Facts, as well as Obstacles and Strikes. See the examples below, and then watch this segment to see how they each received greater clarity.

Coral

Idea: 145 pounds & 15% body fat in the next six months.

Four Measurable Facts:

- 1- 145 pounds.
- 2- 15% body fat.
- 3- I hit it in six months.
- 4- I can run a mile non-stop.

Obstacles & Strikes

- 1 - 145 pounds.
 - a. I get obsessed with work and forget to eat, I don't cook.
 - b. Set alarm reminders to eat, accountability with my husband, meal prep.

Frederico

Idea: Give voice to organizations that impact our environment.

Four Measurable Facts:

- 1- Produce the first documentary.
- 2- Corporation set up.

- 3- Have an established social media presence.
- 4- Have an established web sales funnel.

Nick

Idea: Book shipped to editor.

Four Measurable Facts:

- 1- Finish book.
- 2- Send to publisher.
- 3- Print book.
- 4- Ship book.

4. BREAKOUT GROUP SHARE: “Where Are You?” [1:36:19 - 1:51:24]

“The Warrior’s Way is about putting yourself into power so that you can actually see, and once you see, being able to simplify what you’re seeing down to boring, simple actions. When you fall in love with the boring, simple actions of life, big-ass results show up in your life.”

--Garrett J White



Divine orchestration, connection, and instruction occurred within this group; watch this replay.

5. FINAL THOUGHTS, ASSIGNMENT, SHELTER OFFER [1:51:24 - 2:12:18]

“No one’s going to open the door for you. You’re standing at that door. This week is your opportunity to pivot.”

--Garrett J White

WHAT am I going to do?

WHY am I going to do it?

WHEN am I going to do it?

HOW am I going to do it?