THE FOUNDER BUNDLE · BONUS 1

The Standard

Companion sheet for the 20 minute guided practice

Before you press play: have a pen and your phone or laptop open to the message you'll send at the end. Choose one task: something you did again this week that someone else could do. Not the hardest thing. Something you check, fix or redo.

MOVEMENT ONE Trace — 2:00

The first time doing it myself got me praised was…

The promise I made was…

MOVEMENT TWO Separate — 7:00

My standard

What the task needs to be good

My worth

What I've made the task prove about me

My worth isn't in this task. It was never in this task. The task can leave, and I stay.

MOVEMENT THREE Write your standard — 12:00

1. What does done look like?

2. The three things that must be right

3. What can be ninety percent right?

4. When they come to me, and when they don't

MOVEMENT FOUR Hand it over — 17:00

It goes to

My message ends with: "This is yours now. I trust you with it."

SAY IT BEFORE YOU CLOSE THE PAGE

I am safe to let it be done to my standard, not by me.

- [ ] Sent tonight
- [ ] Not yet. What stopped me: