

# GOALS & EXPECTED OUTCOMES

## HEROIC CLARITY + ANTIFRAGILE CONFIDENCE

Play the ultimate game of life with antifragile confidence as you forge excellence, activate your Heroic potential, fulfill your destiny, and change the world with us.

Anyone who attends and completes the introductory Heroic Workshop will, at a minimum:

- Gain **clarity on their most important goals** for the next six to twelve months and the future they're excited to move towards.
- Develop a personal protocol and **process to achieve those goals**, with easily accomplishable daily steps.
- Gain **greater confidence** in their capacity to move through challenges, do hard things, and be who they're capable of being.
- **Know who they are at their best**, the qualities that version of themselves embodies, and—most importantly—how to express that best version of themselves more consistently.
- Cultivate the ability to **respond intentionally to life** with a simple, repeatable process: stepping into the gap between stimulus and response, and closing the gap between who they're *capable* of being and who they're *actually* being.
- Create a valuable **collection of prior successes** and how to leverage those prior successes to create a better future.
- Know what it means to **flourish** and how to have more **wisdom, discipline, courage, love, gratitude, hope, curiosity, and zest** in their lives.
- **Connect** with a local Heroic community and other people who are excited to be the best versions of themselves.