

# **SBM TRAINING MODEL**

We used our individual strengths and combined them to create a training model that we could duplicate and teach to others. Using our model, you can identify break downs in your life and in your Home -System Functioning and improve the sustainability of your life and home environment.

Preparation (logistics-way you think)

+

Process (manufacturing-what you do)

=

Successful results (outcome-what you get)

1. Circle which you struggle with most? Preparation, Processes or Results?

Why?

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2. Using 1-3 Number these statement in the order of most importance to you?

\_\_\_\_\_ Better Quality Home Life

\_\_\_\_\_ Capture Lost Time

\_\_\_\_\_ Improve Efficiencies and Productivity

Why is your number 1 the most important?

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## **SBM TRAINING MOTTO**

### **SBM STANDS FOR**

S-IMPLY

B-E

M-ORE

### **OUR MOTTO**

LET GO

BE PRESENT

CREATE MORE

### **STEP 1:**

S-IMPLY >>> LET GO

What is 1 thing that you are holding onto that is preventing you from becoming more \_\_\_\_\_.

### **STEP 2:**

B-E >>> PRESENT

Circle where you spend most of your mental energy being focused on...

Past/Regret

Present/Now

Future/Unknown

### **STEP 3:**

M-ORE

>>>

CREATE

If you had unlimited time, money, resources and confidence what would you create?

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## **SBM TRAINING 10 BENEFITS OF BECOMING MORE**

1. In your own words why is empowerment a life changing choice?

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2. Communication issues and conflict typically center around

Ex\_\_\_\_\_ (finish the word). master?

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3. Who you are when nobody is looking IS your true self, we call that your?

C\_\_\_\_\_A\_\_\_\_\_A\_\_\_\_\_T\_\_\_\_\_R.

4. We can minimize conflict when we know what \_\_\_\_\_ we \_\_\_\_\_ and we have stated our expectations clearly.

5. Habits are conscious and \_\_\_\_\_dictating our creative experience.

6. \_\_\_\_\_-active way of living empowers you to live more authentically.
7. M\_\_\_\_\_ (finish the word) improves when we create habits.
8. It is possible to Capture More T\_\_\_\_\_. (finish the word)
9. Work life Balance is not only possible it is part of \_\_\_\_\_ Be\_\_\_\_\_.
10. \_\_\_\_\_ focus is the missing link in most Leadership & Personal Development Training Programs.

## **SBM SUCCESS MODEL**

Success is a System

1. Success begins and ends at home (circle please and explain)

a. Do you have a successful morning routine? Yes or No

Why\_\_\_\_\_

b. Do you have a successful bedtime routine? Yes or No

Why\_\_\_\_\_

Do you resist any routine? Yes or No

2. Did you learn anything new about the purpose of home?

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3. Leadership versus Management

Leadership is about Strategy with Focus on the Mission the WHY?

Management is about Tactics with Focus on the Tasks the What?

Do you tend to focus on WHY you do things or WHAT you need to do?

4. Six P's of Leadership to Develop so Others will Follow

- a. P \_\_\_\_\_ -Show up and on time
- b. P \_\_\_\_\_ -Wear the Proper Uniform
- c. P \_\_\_\_\_ -Be Friendly Genuine/Not Friends
- d. P \_\_\_\_\_ -Communicate Clearly Goal/Mission
- e. P \_\_\_\_\_ -Enthusiasm and Gratitude for the journey success/  
failure
- f. P \_\_\_\_\_ -Character-Doing what needs to be done and doing  
it well when no one is looking.

As you review the following P's take a minute to reflect on them and rate how well you do in your life as a leader in the home and as a leader at work.

- Rate yourself on the lines with 1 being improvement needed and 10 being excelling.
- Total all 6 categories and assess your leadership at home and work.

	HOME	WORK
1. Presence	_____	_____
2. Poise	_____	_____
3. Personable	_____	_____
4. Purpose	_____	_____
5. Passion	_____	_____
6. Pride	_____	_____
	TOTAL _____	TOTAL _____

Where could you improve your leadership at home?

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Where could you improve your leadership at work?

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## **SBM 4 CORE OPERATING PRINCIPLES**

### **1. CHARACTER: Who you are when no one's looking**

**Do you act differently when you are with other people then when you are alone? Yes or No**

If yes in what  
ways\_\_\_\_\_

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## **2. CIVILITY: How you treat others-Goodly and Godly**

**Do you act differently depending on the type of people you are with?**

Yes or No

If yes in what  
ways\_\_\_\_\_

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## **3. CHOICE: Do no Harm-If everyone made this choice would it be okay?**

**Please circle the one that sounds most like you.**

I make choices based on what I want.

I make choices based on what other people want.

I make choices depending on the day and my mood?

I make choices sometimes based on what I want and to not upset others?

## **4. CONFIDENCE: Courage to Create Change**

**On a scale from 1-10 one being low 10 being high how confident are you in your ability to create change in your life.**\_\_\_\_\_

# **SBM KEYS: Master Key #1 Honesty**

1. What does honesty look like?

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2. What do I frequently lie to myself about?

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3. Have I ever admitted to anyone that I had lied to them? Yes or No

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4. We give other people permission to lie to us when we know the truth and avoid communication because we fear confrontation. Is there anyone I need to confront right now?

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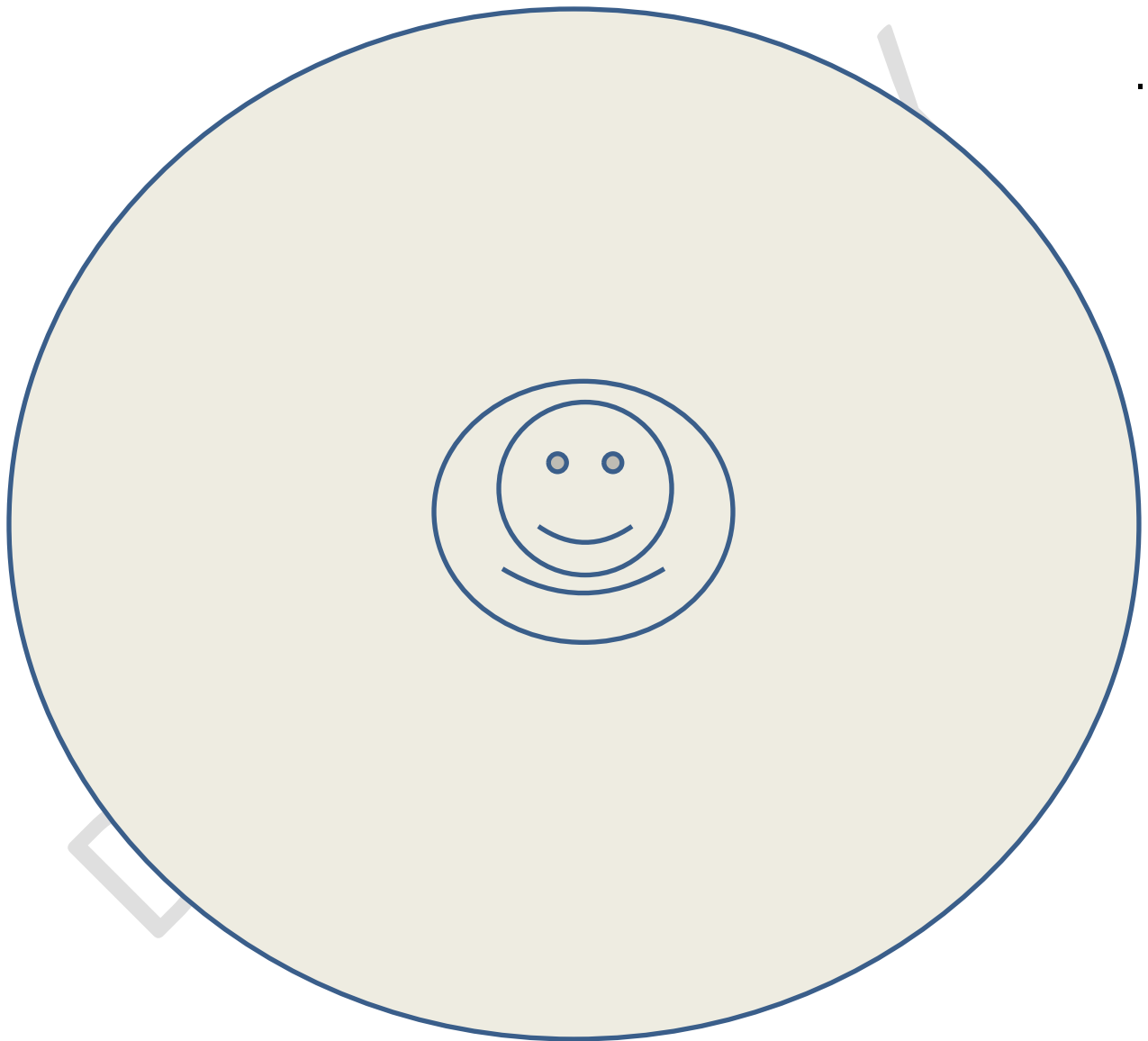
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5. Becoming Honest is a Key that takes practice to Turn.

## **SBM KEYS: KEY #2 HOPE**



Inside the circle write things you are powerless to change with your own free will but instead must endure. This could include other people choices that directly impact you.



HOPE is knowing that eventually what you must endure will end.

## **SBM KEYS: KEY #3 DISCIPLINED**

You will not always feel motivated or can afford to be motivated you must learn to be disciplined.

DISCIPLINE

MEANS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In my life I often do not feel motivated to do the following things that I should do (list at least 4 things)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

If I would be more disciplined with my time and choices what in my life would change immediately?

\_\_\_\_\_  
\_\_\_\_\_

If I would be more disciplined with my time and choices what in my life would change in the next year?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **SBM PRACTICES: PRACTICE #1 LISTEN**

1. Do you ever sit in silence at all daily? Yes or No

Explain your reasons

why: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. When do you grab your cellphone when you wake up?

- a. Immediately
- b. After my morning routine
- c. I frequently check my phone throughout the night
- d. I do not have a phone

3. What does your house sound like? Circle the top 3 that Describe your house most of the time.

- a. Quiet
- b. Music with instrumentals only
- c. Music with words
- d. Tv constantly on
- e. Video games or other devices on
- f. Arguing or Loud Communication

4. Can you drive in your car alone without music or talking on your phone?

Yes or No

5. Can you be alone at home for more than an hour of time without having to turn something on or talk to someone?

Yes or No

## **SBM PRACTICES: PRACTICE #2 PRESENT**

The NOW is the only thing we can control.

How much time do you spend in the moment?

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If you are constantly looking at your photo albums from the past or the memories that pop up on your phone why?

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What is the benefit of disconnecting from the past even if the memories are good?

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How can each day be a G.I.F.T?

G-rateful

I-magine

F-Focus

T-ime

Use this acronym to create a daily journal to help you think about focusing on being present. Being grateful for today, imagining what you will do today focus on making time to do it.

## **SBM PRACTICES: PRACTICE #3 REAL**

One of the best compliments I ever got was someone telling me that I was real. Being authentic can become a way of being but it is something we make a practice.

1. Do you find yourself changing how you talk based on who's company you are in? Yes or No Example/Explain

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2. Do you ever find yourself lying about things you like or do not like so that you can fit in with other people? Yes or No Example/  
Explain

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3. Do you choose clothes that are the latest trend, or do you wear clothes that you like no matter the trends? Trendy or Trend Setter Example/  
Explain

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4. Do you spend an extensive amount of time on self-care to improve the way you look just to impress other people? Others or For Me Example/  
Explain\_\_\_\_\_

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## **SBM SKILLS: SKILL #1 OVERCOME ADVERSITY**



**Torn pants:** Is an example of a story that required Brandi to overcome a difficult physical, financial, emotional and spiritual challenge that she was dealing with.

Think of a time where you have overcome adversity in your life in one or more of these area's or all four.

P            h            y            s            i            c            a            l  
Adversity\_\_\_\_\_

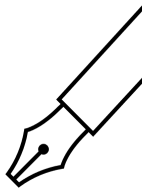
F            i            n            a            n            c            i            a            l  
Adversity\_\_\_\_\_

E            m            o            t            i            o            n            a            l  
Adversity\_\_\_\_\_

S p i r i t u a l  
Adversity\_\_\_\_\_

Use the remainder of this space to share your story of overcoming adversity using pictures and or words.

## **SBM SKILLS: SKILL #2 RISE ABOVE SHAME**



**Letters Home:** In Brandi's experience she quickly moved from the state and did not say goodbye to anyone really. People need a story and when we do not give an explanation, for our choices then people make them up.

Telling our story does not mean people will believe us or things will change but it frees us from shame. Brandi wrote over 40 letters to family and friends no one every wrote back.

How can writing letters whether we mail them or not empower us to let go of our shame?

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Think of someone or a list of people that you would write to explaining yourself for something that you feel ashamed about?

Write them a letter for yourself not because you believe it will change anything but because you are ready to release your emotions about the shame you are carrying.

Mail the letter to the individual or to yourself.

Or

Consider doing a release ritual where you burn or tear apart the letter you wrote and release it to the past.

## **SBM SKILLS: SKILL #3 COPE WITH PAIN**



**Silence:** One of the best ways to cope with pain is Silence. What we focus on grows.

When Brandi was going through her divorce her daughter left home and her mom testified against her in court. This was a painful experience and felt like total betrayal.

She decided to honor those she loved with silence and instead sought comfort in journaling and prayer. Although she found reconciliation not everyone does.

How can learning to be focus on honoring others with silence and journaling or spiritual practice help you?



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## **SBM HABITS: HABIT #1 HEALTHY HABITS**

Almost all habits can be either good or bad. The amount of time we spend on them is the determining factor. Brandi shared how she found out she was addicted to reading.

When she asked each of her family member's they easily guessed her addiction. Reading was a way for her to escape emotional connection with other people. It was a way to cope with her pain.

When she stopped using reading as a coping mechanism she turned to sleep as a form of escape which resulted in her being more tired and not wanting to be physically active all while going through menopause.

For the first time in her life she found herself over- weight and that was a huge challenge for her confidence.

Is it possible to Reset your Habits and return to a desired state of being or create new?

Yes, it is but it requires a lot of DELIBERATE DISCIPLINED DETERMINATION.

1. DELIBERATE MINDSET: DECIDE TO NOT QUIT NO MATTER HOW LONG IT TAKES AND HOW MANY TIMES YOU START OVER
2. DISCIPLINED PROCESS: MAKE A PLAN AND STICK TO IT EVEN WHEN YOU DON'T FEEL LIKE IT
3. DETERMINED OUTCOME: FOCUS ON RESULTS

THINK OF A HEALTHY HABIT THAT IF YOU STARTED WILL HELP YOU BE MORE?

DELIBERATE: \_\_\_\_\_

DISCIPLINED: \_\_\_\_\_

DETERMINED: \_\_\_\_\_

If I Adopted this new Healthy Habit I could be more:

\_\_\_\_\_  
\_\_\_\_\_

## **SBM HABITS: HABIT #2 FORGIVE**

Forgiveness Is For us not others as the saying always go. The person that is the most difficult to forgive is ourselves. We make choices and decisions sometimes that cause us shame and pain. We need to treat ourselves with a strong dose of forgiveness.

Make a list of all the things you are still holding onto shame or pain regarding. Write them here or somewhere else. Acknowledge the emotions that are attached treat yourself like you would a good friend be encouraging and let it go by writing a letter, burning or sharing with someone who is safe.

Then treat yourself to something that is comforting to you guilt free.

[illegible]

to: \_\_\_\_\_

## **SBM HABITS: HABIT #3 INFLUENCE WITH LOVE**

The most difficult person to Love is Yourself. To often we are focusing so much of our energy on the many areas where we personally fall short, we forget to focus on our success.

Create a sacred safe place and set a timer for at least 15 minutes and look at yourself outside yourself as an observer and reflect on what you love about you.

If any negative thoughts creep in gently tell yourself only loving thoughts allowed.

Take some time to think about the things that you love about yourself right now.

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Take some time to think about the things that used to love that are hidden from you\_\_\_\_\_

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Why did these things you used to love go away?

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Can you bring them back?

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Find 1 or 2 close people who you trust and invite them to share the things that they love about you.\_\_\_\_\_

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## **SBM: 4 SQUARES OF LIFE**

After going through this module. What do these area's mean to you? Write a mission statement for yourself regarding these four areas.

<b>HEALTH:</b>  HOME/BODY	<b>WEALTH:</b>  MIND/MONEY
<b>LOVE:</b>  HEART/RELATIONSHIPS	<b>SELF-EXPRESSION:</b>  SOUL/CREATIVITY

## **SBM: 4 LIFE- MANAGEMENT STYLES**

We all are busy managing our individual lives and our own home and families in addition to our work frequently without a plan. The no plan approach is a plan, and it works well until something major happens. It could be an accident, a divorce a job loss etc.

Managing our Life like the valuable asset- it is can lead to a more balanced life and prepare us for the unexpected storms that will come. It also will allow us to make our desires become goals and assist us in planning to achieve them.

1. In-Active:

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2. Re-Active:

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3. LessActive:

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4. Pro-  
Active:

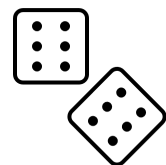
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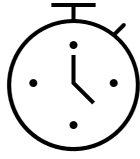
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**SBM: THE GAME OF LIFE GIFTS YOU**



**TIME:**



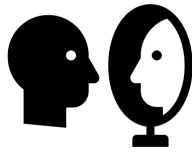
DAY YOU ARE BORN TILL THE DAY YOU DIE

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**FREEWILL:**



HOW YOU MANAGE YOUR THOUGHTS TO  
MAKE CHOICES

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## **SBM-5 D'S: EXTREME OWNERSHIP**

HOW WILL YOU USE YOUR TIME & FREEWILL?

- EVERYONE HAS EQUAL AMOUNT OF TIME AUTOMATICALLY

- EVERYONE CAN CHOOSE TO LEARN TO MANAGE FREEWILL

## 1.DESIRE

THOUGHT/EMOTION COMBINED

2.D-\_\_\_ S \_\_\_

FREEWILL/CHOICE POINT

3. D-\_\_\_ C \_\_\_ N

PLAN OR NO PLAN

4. D-\_\_\_ T \_\_\_

BEHAVIOR/ACTION

## 5. DESTINATION

RESULT/OUTCOME

## **SBM: DESIRES VERSUS GOALS**



DESIRES: Impulsive or Intentional

VERSUS

GOALS: Intentional Desire

WHAT IS HOLDING YOU BACK FROM DOING THE  
WORK REQUIRED TO MAKE YOUR DESIRES  
MANIFESTING?

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REAL ANSWER: \_\_\_\_\_ O \_\_\_\_\_