



Unlocking Success: The Four Life Wants and Three Change Drivers

At its core, every behavior is driven by the desire to fulfill one of four primary Life Wants: Passion, Connection, Meaning, and Growth. Achieving these requires mastery over three powerful Change Driving Loops: TEAR, LB/M, and F/E.

The Four Life Wants:

1. **Passion:** Live with energy and enthusiasm.
2. **Connection:** Cultivate deep relationships with yourself and others.
3. **Meaning:** Pursue goals that bring purpose.
4. **Growth:** Enhance your capabilities, competency, and character.

The Three Change Driving Loops:

TEAR Loop (Thoughts, Emotions, Actions, Results):

- **Thoughts:** The questions and answers in your mind.
- **Emotions:** The strong feelings you experience.
- **Actions:** The steps you take to make things happen.
- **Results:** The outcomes of your actions.

THOUGHTS drive emotions, EMOTIONS drive actions, ACTIONS produce results, and RESULTS trigger new thoughts. By controlling your internal dialogue, you can steer your emotions and actions, ultimately shaping your results.

LB/M Loop (Limiting Beliefs/Mindset):

- **Limiting Beliefs:** False perceptions hindering your potential.
- **Mindset:** Your approach to personal growth.

Adopt a Growth Mindset—view challenges as learning opportunities. This mindset propels you forward, while a Fixed Mindset sees obstacles as insurmountable. Transform your life by embracing growth and scrutinizing your beliefs to separate truth from falsehood.

F/E Loop (Frequency/Energy):

- **Energy:** Fuels your actions.
- **Frequency:** The vibe you project to the world.

High-frequency individuals exude positivity, attracting opportunities and fostering deep connections. Increase your life satisfaction by amplifying your frequency, allowing your true self to shine.

These loops are interconnected, influencing your potential for transformation and success. Master them to enhance your life quality and achieve true success.

