

How You Can R.E.L.A.T.E

When we start working on a goal we go through stages. Our limbic system and amygdala naturally resist any change to our status quo. Most, if not all, goals are a challenge to our status quo (otherwise we would have already achieved the goal).

The R.E.L.A.T.E. model shows the stages we go through to achieve a goal. With better understanding of these steps we are better armed to get what we want and be who we are (or who we want to be).



The Theory of R.E.L.A.T.I.V.I.T.Y

In order to achieve excellence we need to continue to improve on the status quo (innovation), do so with speed as we gain knowledge and experience (velocity), explore new thoughts and ideas (ideation), and completely change the foundational principles of our target area (transformation).

In the end, we simply celebrate, adopt our new normal, and continue the process (yes and...).

Disruptors ALWAYS challenge the status quo and create change in the world.

