

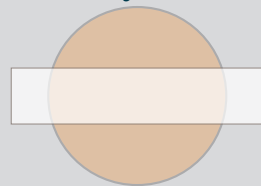
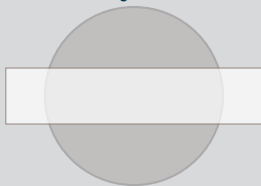



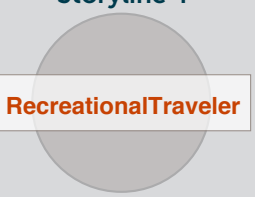



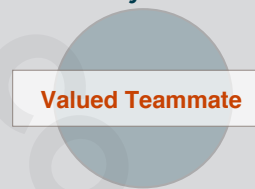


**Foreground Horizon** *NOW Rhythms*

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
				
<b>Role</b> (from RoleMap)				
<b>Resource</b> (Capital you are trying to increase)				
<b>Replenishment</b> (Rest or Work)				
<b>NOW Rhythms</b>	<b>Action Step</b>			
	<b>Rhythm</b>			

**Foreground Horizon** *NOW Rhythms Example 1 - Dave*

	Storyline 1	Storyline 2	Storyline 3	Storyline 4
				
<b>Role</b> (from RoleMap)	<b>Listener</b>	<b>Mentor</b>	Entrepreneur	Competitive Golfer
<b>Resource</b> (Capital you are trying to increase)	Spiritual	Spiritual	<b>Financial</b>	Relational
<b>Replenishment</b> (Rest or Work)	Rest	Work	Work	<b>Rest</b>
<b>NOW Rhythms</b>	<b>Action Step</b>	Listen to a talk by Erwin McManus	Champion Frankie by Finding 1 Thing to Celebrate	Check PNL sheets to set calendar and work toward a strat.emphasis of Break-Even
	<b>Rhythm</b>	Weekly	Daily	Monthly

**Foreground Horizon** *NOW Rhythms Example 2 - Cindy*

	Storyline 1	Storyline 2	Storyline 3	Storyline 4	
					
<b>Role</b> (from RoleMap)	<b>Reader</b>	<b>Host</b>	Saleswoman	Exerciser	
<b>Resource</b> (Capital you are trying to increase)	Intellectual	Relational	<b>Relational</b>	Physical	
<b>Replenishment</b> (Rest or Work)	Work	Rest	Work	<b>Rest</b>	
<b>NOW Rhythms</b>	<b>Action Step</b>	Read "Present Over Perfect"	Have friends over for Sunday lunch	Make a new contact	Take a bike ride
	<b>Rhythm</b>	This 90 days	Bi-weekly	Weekly	Daily