

TRIBE VIBES

Workbook

Creating a Tribe of Excellence

by Krista Kouszon



Generating Personal Excellence With Modeling



Modeling simple put is the skill of emulating a peep you think is savage and has epic skills and traits you find worthy of "imitating."

Modeling is one of the core functions in NLP- Neuro-Linguistic Programming.

Modeling shows you how to take any personality trait, skill or ability that someone has and duplicate it for yourself.

Keep in mind modeling is about duplicating empowering traits you see as inspiring. Understanding their programming, their habits and patterns as much as you can and implement what vibes with you.

Be intentional in your practice of this.

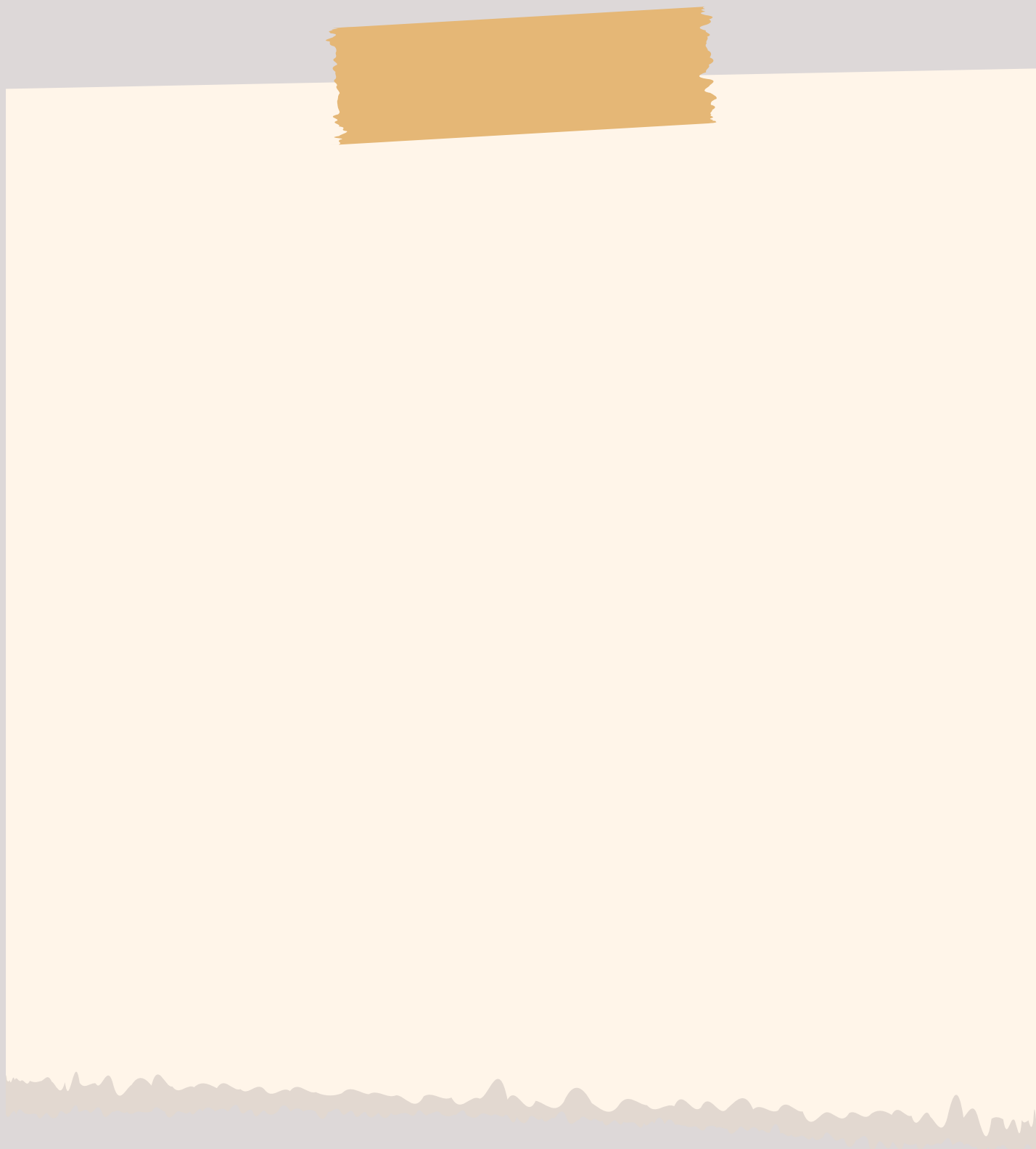
Think about someone you see as a North Star , a Beacon. It can be someone you know well or not. If they aren't in your direct realm study and learn about them and how they move through life.

You can have more than one person. It can be someone you know and someone you do not directly know. It can be people you know.

It can be solely people you do not know at all. Who you choose and is 100% up to you. Whoever has a vibe you want unpack and learn about.



Who is my North Star/ Beacon? Use the space provided to explore your person(s) and their skills, techniques, habits etc.



Now that you have chosen your "North Star(s)" let's map dig into why they inspire you.

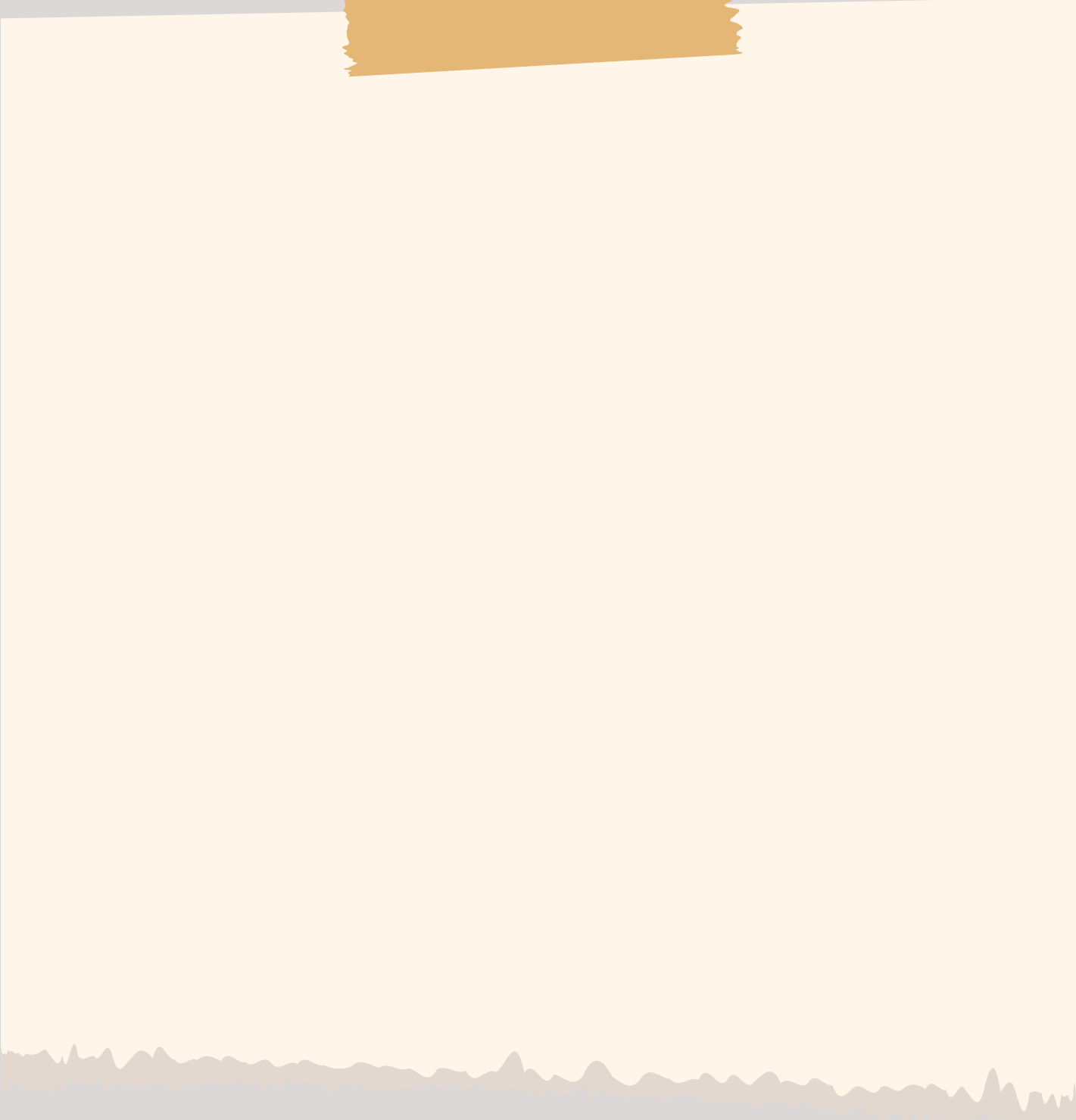
What are the "personality" traits I admire and want to instill in creating my personal reality of excellence?



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What are techniques and strategies they use to navigate adversity and struggles?



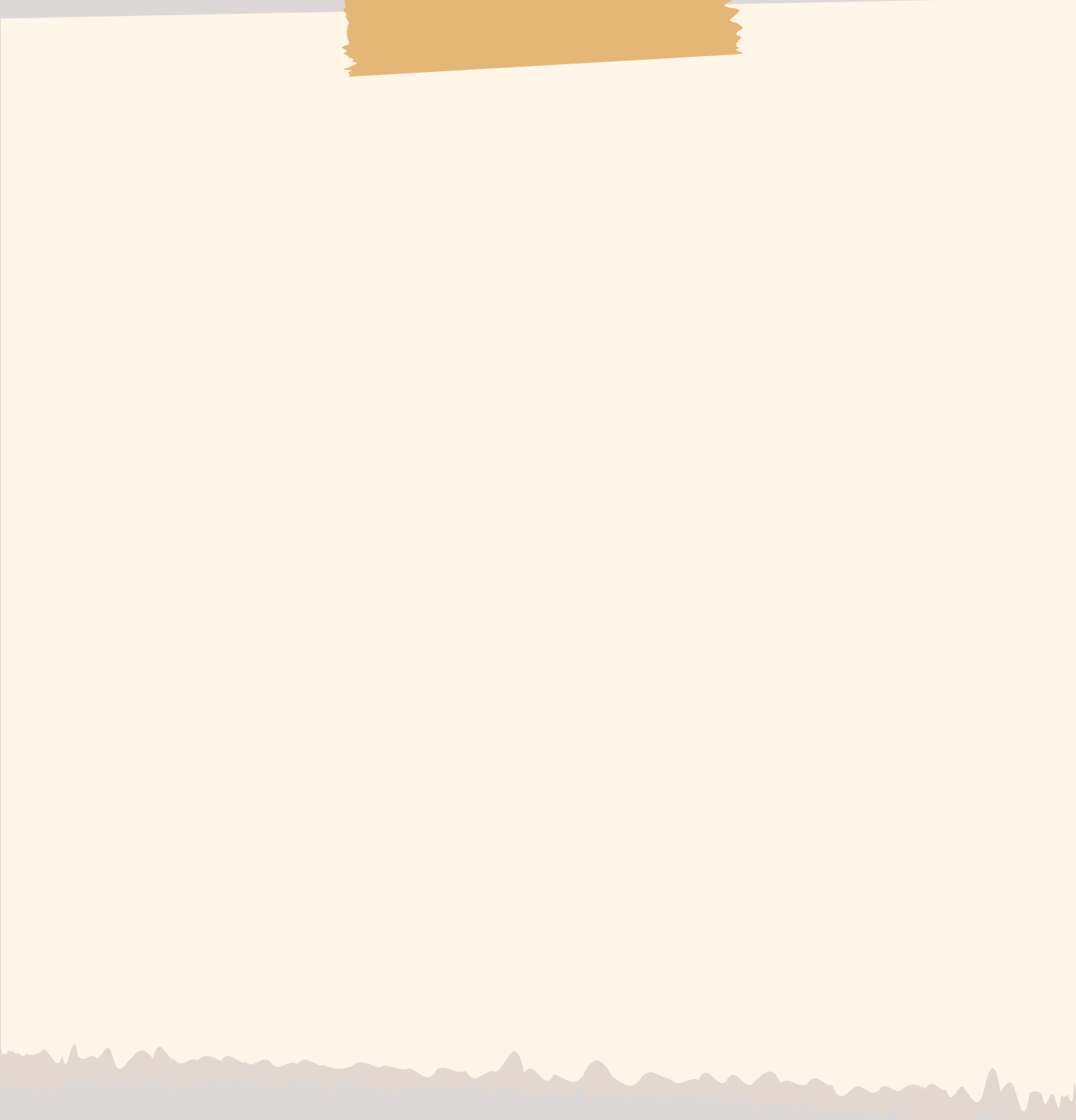
List skills and traits they have that you admire and want to learn and implement.



A large, blank, cream-colored rectangular area intended for writing a list of skills and traits.



How do they move through adversity? How can I begin implementing their techniques into my day?



When they communicate how do they speak? Tone, language usage,
body language?



How do they support others and elevate others? How do others feel in their presence?

