

THE HUMAN FIRST FRAMEWORK

A structured progression from self-awareness to sustainable performance outcomes.



HOW IT WORKS

Each stage has three layers: **Self-Assessment** → **Self-Discovery** → **Goal (What's Next?)**

1. MINDSET	2. CONDITIONS	3. ALIGNMENT	4. PERFORMANCE INDEX	= PERFORMANCE ZONE
SELF-ASSESSMENT Where am I now? <ul style="list-style-type: none"> Clarity Belief System Focus Emotional Regulation Resilience Rate: 1 (Low) – 5 (High)	SELF-ASSESSMENT Where am I now? <ul style="list-style-type: none"> Energy Environment Support System Stress Levels Time & Resources Rate: 1 (Low) – 5 (High)	SELF-ASSESSMENT Where am I now? <ul style="list-style-type: none"> Purpose & Direction Priorities Consistency Decision-Making Execution Habits Rate: 1 (Low) – 5 (High)	SELF-ASSESSMENT Where am I now? Assesses the balance between your internal readiness (Mindset) and external capacity (Conditions). Rate: 1 (Low) – 5 (High)	OUTCOME STATE The result of a healthy balance across all stages of the framework.
SELF-DISCOVERY What does this reveal? Understand how your thinking patterns, attitudes, and beliefs influence your behavior and results.	SELF-DISCOVERY What does this reveal? Identify external and internal factors that are enabling or limiting your performance.	SELF-DISCOVERY What does this reveal? Uncover gaps between your intentions, priorities, and your current actions and outcomes.	SELF-DISCOVERY What does this reveal? Provides an objective signal of your current performance state and readiness to achieve goals.	WHAT IT LOOKS LIKE <ul style="list-style-type: none"> Mindset is stable and intentional Conditions are supportive and optimized Actions are aligned and consistent
GOAL (WHAT'S NEXT?) What will I do next? Shift or reinforce cognitive patterns that empower action, confidence, and consistency.	GOAL (WHAT'S NEXT?) What will I do next? Optimize or redesign your conditions to remove constraints and create the right environment to win.	GOAL (WHAT'S NEXT?) What will I do next? Define clear, focused actions aligned to your priorities and the results you want to create.	GOAL (WHAT'S NEXT?) What will I do next? Improve your Performance Index through targeted adjustments in mindset, conditions, or alignment.	THE RESULT Sustainable growth, repeatable performance, and clarity in direction.

YOUR PERFORMANCE INDEX (PI)

Your PI is the average of your scores across Mindset, Conditions, and Alignment. It shows your overall performance readiness.



PI ZONE GUIDE

- 4.5 – 5.0 ● **OPTIMAL ZONE** (Perform & Scale)
- 3.5 – 4.4 ● **GROWTH ZONE** (Strengthen & Improve)
- 2.5 – 3.4 ● **CAUTION ZONE** (Realign & Optimize)
- 1.0 – 2.4 ● **RISK ZONE** (Reset & Rebuild)

HOW TO USE THIS FRAMEWORK

- 1 Assess**
Rate yourself 1–5 in each of the first three stages.
- 2 Discover**
Reflect on what the results reveal about you.
- 3 Set Your Goal**
Define one key action per stage to move forward.
- 4 Review**
Reassess regularly to track progress and adjust.

CORE PRINCIPLE



You don't improve performance by chasing results. You improve performance by **understanding, aligning, and optimizing the system behind it.**