

“ BODE SPEAKS ”

it's a

big Deal

ENERGY

kind of day



8THIRTYFOUR

The Three



3 WORDS.
3 PERSPECTIVES.

The 3x3 is what we refer to as...an eye-opening activity. It's one of the resources developed by Kim Bode through the QUIRKST[™] methodology to kick off your Big Deal Energy journey. This isn't just about self-reflection; it's about understanding how others see you, from your mom to the dude you see at the coffee shop every morning when you're picking up your 5-shot shaken Espresso.

Find out if perception is reality or if you're showing the world a vanilla, unremarkable, forgettable version of yourself. **Your network isn't about who you know, it's about who knows you.**

Your 3 Words

Write down three words you would use to describe yourself.

Now explain why you chose those words.

The Bestie (or your mom).

Ask someone close to you, maybe your mom, best friend, coach, or therapist, what 3 words they would use to describe you.

Ask them why they chose those words.



Psst... You can ask as many people as you want, as long as they know you... like really know you, i.e., know about the time you peed your pants in 3rd grade.



Someone you know through your job, the dude at the coffee shop, or anyone you see often but not often enough for them to know the last time you peed your pants.

The Acquaintance.

Ask an acquaintance you see regularly but doesn't really know you.

Ask them why they chose those words.

Look at your words.

Look for the unexpected, the ones highlighting what makes you different, or dare we say...weird. What's the difference between how you see yourself and how everyone else describes you?

Write down your future 3 words. This is where you're going.

You were made to *Stand Out*

The 3x3 is the first step in discovering your quirks; the hard part is owning them, cause it's real uncomfortable.

Remember, if everybody likes you, you're doing something wrong. You can't stand out by blending in.



Define Your Big Hairy Audacious Goal (BHAG)

Write it down in a notebook, on your mirror, put it on your vision board — look at it every single day. If you could do anything, what would it be? **Think big;** think 10 years out.

Write today's date.

Write your age.

Write the date 10 years from now.

My BHAG (10 Years Out)

Make it Visible.

When you define your big, hairy, audacious goal, write it on your mirror or print it to stare at it every single day. **It's what you're working towards.**



Write it like it's already happened.

Write the number one most important goal you will have accomplished by that date. The more detail you add to it, the more real it becomes; *you're manifesting*. Next thing you know, *you'll be building a vision board*.

Put in the work.

1. Write down an action you took in the last week that **does NOT** align with your BHAG.
2. Write down an action you took in the last week that **DOES** align with your BHAG.
3. Write down one thing you will change in your life to align with your BHAG.

Your **visibility** matters.

Your **voice** matters.

Your **story** matters.

Big Deal Energy™ (n.)
The confidence of knowing exactly who you are, owning your quirks, and communicating your authentic self unapologetically.

