

Retiree Business Blueprint

MODULE 1 INSTRUCTOR GUIDE

For Lessons 1.1 through 1.5

■ Module 1 Overview

Module 1 helps learners understand their decision-making foundation. This sets the tone for how they build a business that fits their life. Each lesson deepens self-awareness, challenges unhelpful defaults, and replaces them with clear intentions and guardrails.

■ Lesson 1.1 – What Really Drives Your Decisions

Key Objectives:

- Identify 21+ personal decision influences.
- Select Top 3 that impact business choices most.
- Replay one good and one bad decision to identify patterns.

Facilitation Tips:

- Use your own decision replay as a warm-up example.
- If facilitating live, do a group Top 3 reveal and ask why each matters.
- Make it clear that no driver is 'bad'—they just need awareness.

■ Lesson 1.2 – Mapping Your Default Settings

Key Objectives:

- Map Attitudes, Beliefs, Motivations, and People using ■/■/■ markers.
- Spot patterns that reinforce or sabotage progress.
- Build awareness of social influences that guide business energy.

Facilitation Tips:

- Have learners reflect on inherited beliefs vs. lived beliefs.
- Host a mini-poll: Which category felt hardest to map?
- Encourage pairing up for 'outside perspective' on pattern spotting.

■ Lesson 1.3 – Positives & Negatives Reality Check

Key Objectives:

- Analyze each default through a Plus/Minus lens.
- Reframe at least one unhelpful pattern per category.
- Start forming simple guardrail language based on patterns.

Facilitation Tips:

- Share Mary & John stories to normalize overgiving or overplanning.
- Have learners test-read each other's reframe statements.
- Encourage visible pattern tracking (e.g. post-it on desk: 'Perfection → Pilot')

■ Lesson 1.4 – Rewrite Defaults & Set Guardrails

Key Objectives:

- Rewrite all 4 core defaults with supportive language.
- Create guardrails for time, money, and energy.
- Reinforce rewrites with repetition and habit loops.

Facilitation Tips:

- Demonstrate saying rewrites out loud with tone changes.
- Encourage students to text their rewrite to themselves as a morning ritual.
- Ask students to draw or design their guardrails visibly on a card.

■ Lesson 1.5 – Fit Check & Decision Gate

Key Objectives:

- Use Traffic-Light Fit system (Green, Yellow, Red).
- Write a personalized Fit Statement with guardrails included.
- Select next track (continue, pause, shift to Essentials).

Facilitation Tips:

- Reinforce: 'Not Yet' is still progress, not failure.
- Encourage group Fit discussions (breakout rooms or comment threads).
- Use shared Fit Statements (optional) for group inspiration next week.

■ Instructor Success Reminders

- Let students lead with their own examples — your job is to guide, not perform.
- Consistency beats motivation. Celebrate people showing up, not just breakthroughs.
- If learners drift, point them to their guardrails or Fit Statement. These are anchors.
- Use the workbook and community threads as springboards for optional check-ins or co-working blocks.

You're helping them rewire decades of habit into one steady new path. That's real impact.