

# THE 4 Ps – Quick Reference Guide

## PATIENCE

**Definition:** The ability to withstand or tolerate hardship, delay, frustration, or pressure without losing composure, discipline, or emotional control.

### Field Tips:

- Control what you can. Release what you cannot.
- One breath before speaking. One beat before sending. One moment before escalating.
- Use box breathing: 4 second inhale, 4 second hold, 4 second exhale, 4 second hold, repeat x3.

## PREDICTABLE

**Definition:** Disciplined consistency in your behavior combined with stable structure and clear expectations for others, reducing uncertainty and stress.

### Field Tips:

- Eliminate the Information Void.
- Communicate early and clearly.
- Set expectations before problems arise.
- Clarity reduces fear, bias, and worst-case thinking.

## PURPOSEFUL

**Definition:** Intentional focus on a meaningful goal through deliberate action, avoiding passive drift, distraction, or reactionary behavior.

### Field Tips:

- Not just movement, but chosen direction.
- Ten steps forward with intent beats a thousand steps in circles.
- Shift from reacting to proactive alignment with mission and values.

## PROGRESS

**Definition:** Consistent forward motion aligned with your values, standards, and identity, resulting in measurable growth and improvement.

### Field Tips:

- Turn 'Yes, but' into 'Yes, and.'
- Turn 'What if' into 'Even if.'
- Become better, not just busier.
- Alignment proves integrity.

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