# 15 Mental Magnets

Cue-to-Action Practice Card

CHAPTER 1

## CHASE EXCELLENCE!

**WHEN:** Circumstances start defining your effort. That's your cue.

**REMEMBER:** "Excellence is not perfection. Excellence is progress."

**ASK:** What does one step of progress look like right now?

**ACT:** Then take it.

CHAPTER 2

## GIVE PEOPLE MERCY, GRACE, AND JUSTICE

**WHEN:** You feel the pull toward judgment before grace. That's your cue.

**REMEMBER:** "Treat people better than they deserve to be treated. It costs nothing, but it means everything."

**ASK:** What response protects accountability without stripping away dignity?

**ACT:** Then lead from there.

CHAPTER 3

## I AM ME BECAUSE OF WE

**WHEN:** You walk into a room where someone may be learning from you. That's your cue.

**REMEMBER:** "I am me because of we."

**ASK:** Who poured into me, and what am I pouring out right now?

**ACT:** Then make one deliberate investment that keeps the blessing moving.

CHAPTER 4

## DON'T JUST GO THROUGH IT, GROW THROUGH IT

**WHEN:** Surviving starts to feel like just good enough to get by. That's your cue.

**REMEMBER:** "Don't just go through it. Grow through it."

**ASK:** What is this season trying to teach me, and who do I need to let in?

**ACT:** Then take one action that turns the pain into learning.

CHAPTER 5

## DON'T GIVE PEOPLE A STICK TO BEAT YOU WITH

**WHEN:** Pressure makes you want to move fast. That's your cue.

**REMEMBER:** "Don't give people a stick to beat you with."

**ASK:** Does this require me right now, and who should I consult first?

**ACT:** Then choose discernment over impulse.

CHAPTER 6

## DON'T RAKE THE PIT BY YOURSELF

**WHEN:** The urge to take the work back starts pulling. That's your cue.

**REMEMBER:** "Don't rake the pit by yourself."

**ASK:** Am I helping this person grow, or reclaiming ownership because it feels more comfortable?

**ACT:** Then coach from the sideline and keep your hands off the rake.

CHAPTER 7

## IT TAKES TWO PEOPLE TO MOVE A COUCH

**WHEN:** The work feels too heavy from one side. That's your cue.

**REMEMBER:** "It takes two people to move a couch."

**ASK:** Who needs to own the other end, and what can they see that I can't?

**ACT:** Then share the weight and move it together.

CHAPTER 8

## IF YOU FAIL TO PLAN, PLAN TO FAIL

**WHEN:** Urgency starts running your day. That's your cue.

**REMEMBER:** "If you fail to plan, plan to fail."

**ASK:** Is this truly important, or just the loudest thing in front of me?

**ACT:** Then return to the plan, adjust if needed, and make the next intentional move.

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CHAPTER 9

### CONFLICT IS INEVITABLE, BUT COMBAT IS OPTIONAL

**WHEN:** The temperature rises and winning starts to feel more important than resolving. That's your cue.

**REMEMBER:** "Conflict is inevitable, but combat is optional."

**ASK:** Am I arguing for right, or to be right?

**ACT:** Then use RIR and AFIRM, protect the relationship without avoiding accountability, and choose compassion over combat.

CHAPTER 10

### TELL THE TIME. DON'T BUILD THE CLOCK.

**WHEN:** You hear yourself overexplaining. That's your cue.

**REMEMBER:** "Tell the time. Don't build the clock."

**ASK:** What does this person actually need from me right now?

**ACT:** Give them that first. If they need the clock, you can always show it later.

CHAPTER 11

### SHOW ME YOUR TEAM AND I'LL SHOW YOU YOUR FUTURE

**WHEN:** You find yourself trying to be the most necessary voice in the room. That's your cue.

**REMEMBER:** "Show me your team and I'll show you your future."

**ASK:** Who around this table has a strength or perspective I need to hear?

**ACT:** Then bring that voice in and let the team make the work better.

CHAPTER 12

### SET THE TABLE SO OTHERS CAN EAT

**WHEN:** The urge to control, reclaim credit, or step back into the center shows up. That's your cue.

**REMEMBER:** "Set the table so others can eat."

**ASK:** Will what I do next make this person more capable, or more dependent on me?

**ACT:** Then make room, stay available, and let them lead.

CHAPTER 13

### BUILD A SHIP BECAUSE A STORM IS COMING

**WHEN:** Recurring work keeps finding its way back to you. That's your cue.

**REMEMBER:** "Build a ship because a storm is coming."

**ASK:** What system, ownership structure, or guardrail is missing?

**ACT:** Then strengthen the ship instead of rescuing the task one more time.

CHAPTER 14

### GO SHOW US HOW GREAT YOU ARE

**WHEN:** You lack confidence. That's your cue.

**REMEMBER:** "Go show us how great you are."

**ASK:** What is one small step I can take right now?

**ACT:** Then take it. Let the action give your mind new evidence about who you're becoming.

CHAPTER 15

### SERVICE TO OTHERS IS THE RENT YOU PAY

**WHEN:** An ordinary responsibility starts to feel transactional or insignificant. That's your cue.

**REMEMBER:** "Service to others is the rent you pay for your room here on Earth."

**ASK:** Who is this really meant to serve, and who could grow because I do it well?

**ACT:** Then do the ordinary thing for the person, not for the record.

CREATE YOUR OWN

### A MENTAL MAGNET FOR THIS MOMENT

**WHEN:** When I encounter _____

**REMEMBER:** I will remember _____

**ASK:** I will ask myself _____

**ACT:** Then I will _____

**PRACTICE:** Choose one magnet. Name the situation. Take one ordinary action.