BUILDING THE PROCESS

DEFINE

DESIGN

REFINE
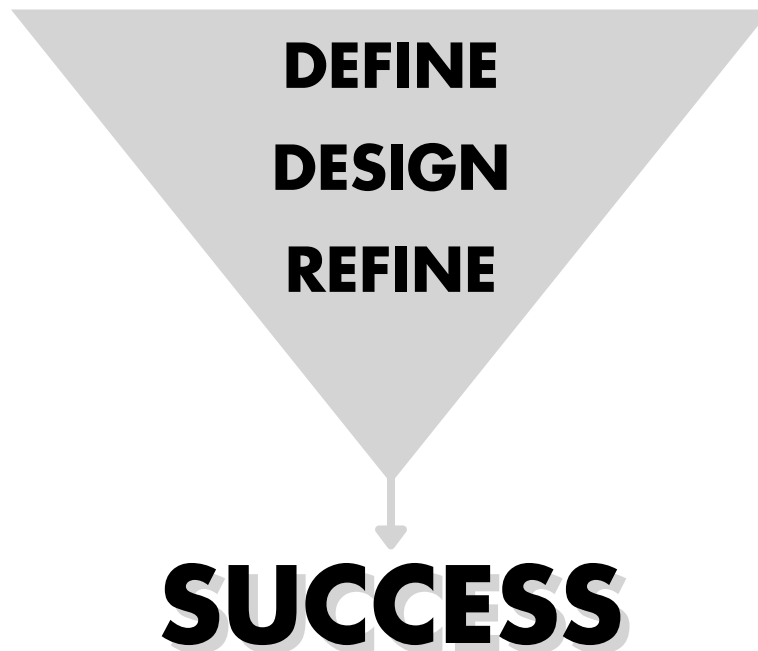
SUCCESS

Step 1: DEFINE
What is it that you need the PROCESS to do.

Step 2: DESIGN
Build the PROCESS, step by step, so it is familiar and repetitive under the pressure of competition.

Step 3: REFINE
Refine your PROCESS in size, time, and steps, to become memorized and actionable to mind and body.

**"If you quit on the process, you are quitting on the result."
-Idowu Koyenikan**