

## # PEPPER TIME 27: PEPPER BOARD

**Timing:** Give yourself one week. Don't rush. Spend 15 minutes each day pulling images, symbols, or numbers. Sit with them, step away, return.

**What you'll need:** Sturdy poster board, glue, and inspiring images, words, phrases, and/or numbers. (You should have some good images saved from earlier experiments.)

**What it's about:** Clarifying your Future Self and priming your brain for action. This is you saying: I'm not just imagining—I'm building.

### How to do it:

1. Start loose. Place images on your board without glue. Play with arrangement. Put your biggest dreams at the center or top. Follow these steps for each image:
  - Ask: Why does this matter? Who else benefits if I make it real? Rate it 1–10 in importance. If it's below 5, it's not your stretch—go deeper.
  - Rate how tough this dream is. Respect the challenge. If millions have done it, so can you. Tried before and failed? Good. That means you're stretching. Don't beat yourself up—adjust your approach.
2. Use categories. Anchor around the three pillars we've been working with:
  - Performance (work, creativity, growth)
  - Relationships (love, family, community)
  - Well-being (health, energy, inner calm)
3. Refine daily. Step away for 24 hours. Return with fresh eyes. Remove what doesn't feel true. Add what calls to you. On the third draft, commit and glue.
4. Let your gut decide. If it doesn't feel right—don't glue it.
5. Place with intention. Put it somewhere you'll see daily—your bedroom wall, your wardrobe, even a private digital version if that's safer. The point is consistency: Your brain must absorb it without effort.
6. Make it active. This is where the stretch sticks. Pair your Pepper Board with your weekly plan—and translate it into three daily tasks. Every time you look at it, ask: What's one step I can take today toward this?
  - Marathon → Weekly: 35 km. Daily: run 5 km today.
  - Book → Weekly: Write 35 pages. Daily: Write 5 pages today.
  - Business → Weekly: 25 new leads. Daily: Contact 5 new potential clients.
  - Relationships → Weekly: 3 quality connections. Daily: Call or meet 1 friend today.
  - Well-being → Weekly: 70 minutes of mindfulness. Daily: 10-minute meditation.

