# Unlock the Strategy Used by Industry Leaders to Create World-Class Ideas with Impact

7 Examples of Memorable Signature Methods for Inspiration

Are you ready to unlock the potential of your unique expertise?

Here are 7 examples of memorable signature methods from top experts to inspire you as you create your own.

# The Braving Inventory

#### by Brené Brown



#### The

#### BRAVING INVENTORY

#### **BRAVING Definitions**

The acronym BRAVING breaks down trust into seven elements:

#### BOUNDARIES, RELIABILITY, ACCOUNTABILITY, VAULT, INTEGRITY, NONJUDGMENT, AND GENEROSITY.

**BOUNDARIES:** Setting boundaries is making clear what's okay and what's not okay, and why.

**RELIABILITY:** You do what you say you'll do. At work, this means staying aware of your competencies and limitations so you don't overpromise and are able to deliver on commitments and balance competing priorities.

ACCOUNTABILITY: You own your mistakes, apologize, and make amends.

**VAULT:** You don't share information or experiences that are not yours to share. I need to know that my confidences are kept, and that you're not sharing with me any information about other people that should be confidential.

**INTEGRITY:** Choosing courage over comfort; choosing what's right over what's fun, fast, or easy; and practicing your values, not just professing them.

**NONJUDGMENT:** I can ask for what I need, and you can ask for what you need. We can talk about how we feel without judgment.

**GENEROSITY:** Extending the most generous interpretation to the intentions, words, and actions of others.

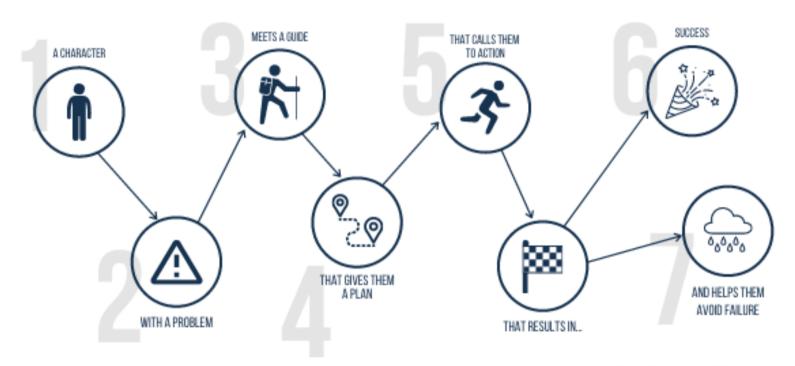
The BRAVING Inventory can be used as a rumble tool—a conversation guide to use with colleagues that walks us through the conversation from a place of curiosity, learning, and ultimately trust-building.

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# **StoryBrand**

by Donald Miller

# THE STORYBRAND 7-PART FRAMEWORK





### **The Gottman Method**

by Drs. John and Julie Gottman



# **The 4 Tendencies**

by Gretchen Rubin

#### **UPHOLDER**

Meets outer expectations Meets inner expectations

#### QUESTIONER

Resists outer expectations Meets inner expectations

#### **OBLIGER**

Meets outer expectations Resists inner expectations

#### **REBEL**

Resists outer expectations Resists inner expectations

## **4 Laws of Atomic Habits**

by James Clear

#### THE 4 LAWS FOR BUILDING / BREAKING HABITS



Building Good Habits	Breaking Bad Habits
	1. Make it invisible
2. Make it attractive	2. Make it unattractive
3. Make it easy	3. Make it hard
4. Make it satisfying	4. Make it unsatisfying



# 7 Habits of Highly Effective People

by Stephen Covey



# **DiSSS Learning**

#### by Tim Ferriss

- Deconstruction
  What are the LEGO blocks?
- Selection
  Which 20% of the blocks will give me 80% of the outcomes I want?
- Sequencing
  In what order should I learn the blocks?
- Stakes

  How do I set up real stakes to guarantee follow-through?

# Click here to download my...

Signature Method Framework

...to create your signature method in 30 minutes.