

Foreground Horizon NOW Phythms

		Storyline 1	Storyline 2	Storyline 3	Storyline 4
(fron	Role n RoleMap)				
Resource (Capital you are trying to increase)					
Replenishment (Rest or Work)					
sm Act	tion Step				
NOW Rhythms Washington	hythm			0,	



Foreground Horizon NOW Phythms Example 1 - Dave

		Storyline 1 Faithful Follower	Storyline 2 Full House	Storyline 3 Catalytic Impact	Storyline 4 RecreationalTraveler
	Role (from RoleMap)	Listener	Mentor	Entrepreneur	Competitive Golfer
Resource (Capital you are trying to increase)		Spiritual	Spiritual	Financial	Relational
ı	Replenishment (Rest or Work)	Rest	Work	Work	Rest
NOW Rhythms	Action Step	Listen to a talk by Erwin McManus	Champion Frankie by Finding 1 Thing to Celebrate	Check PNL sheets to set calendar and work toward a strat.emphasis of Break-Even	Play in S-day Dogfight
	Rhythm	Weekly	Daily	Monthly	Bi-weekly



Foreground Horizon NOW Rhythms Example 2 - Cindy

		Storyline 1 Adopted Daughter	Storyline 2 Valued Teammate	Storyline 3 Difference Maker	Storyline 4 Hobby Lobby
	Role (from RoleMap)	Reader	Host	Saleswoman	Exerciser
(Ca	Resource apital you are trying to increase)	Intellectual	Relational	Relational	Physical
ı	Replenishment (Rest or Work)	Work	Rest	Work	Rest
NOW Rhythms	Action Step	Read "Present Over Perfect"	Have friends over for Sunday lunch	Make a new contact	Take a bike ride
	Rhythm	This 90 days	Bi-weekly	Weekly	Daily