

THE INFINITY MODEL

This activity is designed to take a problem that feels overwhelming and break it down into a clear, tangible action step.

How to Use This Tool:

- 1.) Identify the Friction: Read Page 1 and pick the single box where you feel the least control right now. Note the color of that box.**
- 2.) Follow Your Color: Stay on that exact same color box for Page 2 and Page 3. Do not switch colors.**
- 3.) No Active Problem? If life is running smoothly, pick the area where you want to build momentum, and use this process to optimize your path.**

A Note on Discomfort: If a prompt stings or makes you feel defensive, pay attention. The prompts that provoke the strongest reaction are usually where your biggest breakthroughs live.



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PART 1: THE PROBLEM

Select the one box below that best describes where you feel the most friction or least control right now. This color is your path for the rest of the activity.

PERSONAL

- I feel constantly anxious or overwhelmed, and I can't seem to reset my mind.
- I frequently doubt my worth and downplay my accomplishments.
- I am trapped in endless overthinking and mental loops.

VITALITY

- I wake up exhausted and run on empty every single day.
- I feel physically weak, frail, or unable to keep up with life.
- I resent my body and struggle with how I look and feel.

COMMUNITY

- I feel isolated and like I am facing everything entirely alone.
- The people around me don't truly understand or support who I am.
- I instinctively isolate myself instead of reaching out to others.

PROFESSIONAL

- I feel like there is too much month left at the end of the money.
- No matter how hard I push, my career or business feels completely stuck.
- Work feels like a constant attack, and I am just reacting all day.



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PART 2: THE HIDING PLACE

Look at the same color box you selected on Page 1. This shows where you are running to avoid dealing with the real problem.

PERS' → PRO'

- You bury yourself in work and career goals, telling yourself, "If I just make more money or get promoted, I'll finally be happy."
- You put on a hyper-competent mask at work so people see you as valuable, hiding your internal anxiety.
- You overwork yourself simply to keep your mind too busy to overthink.

VIT' → COM'

- You surround yourself with social groups purely to leech energy off their excitement and momentum.
- You call friends or family primarily to vent about your physical exhaustion and health struggles.
- You seek out groups that share your bad habits so your low energy feels normal and validated.

COM' → PERS'

- You retreat into your head and convince yourself that "nobody cares," making isolation a self-fulfilling prophecy.
- You cut people off under the guise of "working on yourself" or "setting boundaries."
- You overanalyze your social interactions in solitude instead of showing up in person.

PRO' → VIT'

- You escape professional stress by numbing out with passive activities (TV, video games, doom-scrolling).
- You push excessively at the gym or in sports to manufacture a physical sense of control and success.
- You retreat into sleep, eating, or physical comfort to recover energy you lost at work.



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PART 3: THE ROOT CAUSE

Look at the same color box one last time. This reveals the true root cause of your struggle and the exact lever you must pull to resolve it.

PERS' -> COM'

The Root: Your personal peace is being starved by a lack of genuine support.

The Action: Seek out a mentor or a new community of people who uplift you, and confide in someone you trust so you don't have to process everything alone.

VIT' -> PRO'

The Root: Your energy is being sapped by a lack of passion for the work you do.

The Action: Fix the work boundaries and financial stresses that are draining your physical capacity, balance your professional output, and align your daily labor with actual purpose.

COM' -> VIT'

The Root: Your social isolation is a direct symptom of depleted physical and mental energy.

The Action: Build a consistent physical health or daily movement habit so you have the energy required to show up, engage, and hold presence with others.

PRO' -> PERS'

The Root: Your career frustration is driven by internal mindset and unmanaged personal stress.

The Action: Redefine what personal success actually means to you, address your internal relationship with money, and stabilize your mental state before making your next career move.



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CLOSING THE LOOP

The Infinity Model is named intentionally: personal growth is not a destination with a finish line; it is a continuous rhythm.

When you feel stuck in life, you are rarely stuck at the point of impact—you are usually hiding one step ahead and ignoring the root cause one step behind. Use this tool whenever you feel paralyzed to pinpoint the hidden leverage point and re-establish your momentum.

Pro-Tip for Facilitation: Run through this model with a partner or facilitator. Having someone else ask you these questions out loud prevents self-deception and accelerates your path to action.

