

# Evolutionary Progressions

On this page are 100 3-step evolutionary progressions. Read through each of these and fill in the box, diamond, or circle that precedes the 'level' that you are at in each of the 100 areas of life. If the progression does not apply to you, fill in the circle. If you are not sure what a term means, move left until you find a term that you are clear on, and fill in that box or diamond (and, ask your coach). Then, add up your total 'score.' A box is 1 point, a diamond is worth 2 points, and a circle will give you 3 points. Maximum points are 300. Anything above 200 points is very good. Over 250 — Excellent! Check back monthly to update your score. Totally confused? Visit [personalevolution.com](http://personalevolution.com).

- relief >  freedom >  absence of
- appreciation >  gratitude >  acceptance
- do >  deliver >  accomplish
- idea >  expression >  art
- accept >  integrate >  assimilate
  
- seduction >  promotion >  attraction
- honest >  genuine >  authentic
- revenue >  passive revenue >  automated revenue
- assumptions >  beliefs >  believe
- pleasure >  joy >  bliss
  
- movement >  improvement >  breakthrough
- sympathy >  empathy >  caring
- revenue >  net profit >  cash flow
- initiate >  generate >  cause
- cognitive >  experiential >  cellular learning
  
- morals >  ethics >  character
- obligation >  responsibility >  choice
- training >  mentoring >  coaching
- debate >  discuss >  collaborate
- vocabulary >  language >  communication
  
- end >  finish >  complete
- attentive >  present >  connected
- knowledge >  awareness >  consciousness
- competition >  cooperation >  cooperation
- discover >  synthesize >  create
  
- satisfy >  please >  delight
- want >  commitment >  desire
- definition >  comparison >  distinction
- promise >  underpromise >  don't promise
- efficient >  productive >  effective
  
- integrated >  balanced >  effortless
- flow >  connection >  energy
- support >  structures >  environments
- juggle >  balance >  equilibrium
- time >  space >  eternity
  
- grow >  develop >  evolve
- change >  shift >  evolve
- help >  assist >  expand
- product >  service >  experience economy
- listen >  hear >  experience
  
- course >  confidence >  fearlessness
- integration >  responsiveness >  flow
- accept >  understand >  forgive
- product >  brand >  franchise
- gratification >  satisfaction >  fulfillment
  
- listen >  hear >  get
- understand >  accept >  get
- style >  refinement >  grace
- balance >  peace >  harmony
- wantingness >  deservingness >  havingness

know >  feel >  inkle  
 evidence >  intuition >  inkling  
 manage >  guide >  inspire  
 challenged >  motivated >  inspired  
 honesty >  responsibility >  integrity

interdependent >  interdevelopmental >  intermagical  
 experiment >  innovate >  invent  
 teaching >  facilitating >  learning  
 acquire info >  study >  learn  
 contribution >  value added >  legacy

competent >  expert >  master  
 competence >  expertise >  mastery  
 content >  context >  meaning  
 idea >  opinion >  message  
 intermediate >  advanced >  meta level

plan >  system >  model  
 want >  focus >  occurrence  
 expense >  investment >  opportunity cost  
 s.o.p. >  m.o. >  OS (operating system)  
 react >  respond >  over-respond

position >  perspective >  paradigm  
 network >  community >  partners  
 perfectionism >  perfection >  perfect  
 future >  eternity >  present  
 notion >  concept >  principle

interesting >  intriguing >  profound  
 decide >  choose >  respond  
 open >  flexible >  responsive  
 egotistical >  human >  selfish  
 ego >  humanity >  self

search >  experiment >  serendipity  
 symptom >  cause >  source  
 boundaries >  requirements >  standards  
 do >  be >  state  
 assist >  empower >  strengthen

sufficiency >  reserves >  super-reserves  
 timing >  positioning >  synchronicity  
 plan >  strategy >  system  
 improve >  reinvent >  transform  
 tangible >  intangible >  transparent

integrated >  automated >  transparent  
 hope >  faith >  trust  
 interpretation >  reality >  truth  
 facts >  context >  truth  
 features >  benefits >  value

wants >  needs >  values  
 ceo >  leader >  visionary  
 purpose >  mission >  vision  
 \$ reserves >  \$ independence >  \$ wealth  
 information >  knowledge >  wisdom



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