



Jarvis Buchanan

**Supporting
Tactics**

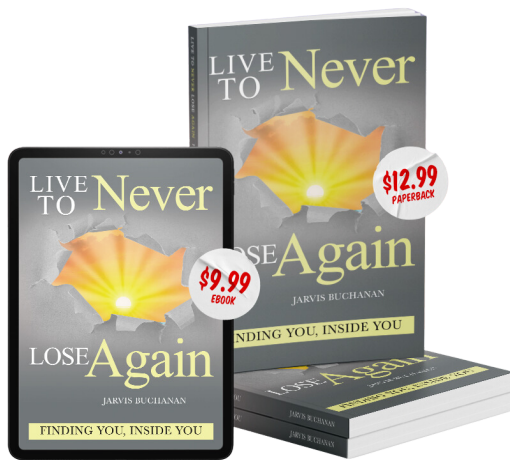
**Cues at the
Crossroad**





About the Author

Jarvis Buchanan is a twenty-year Army Veteran with a natural passion for motivating others. His military career is only exceeded by his passion for helping youth and adults become the greatest version of themselves. Live to Never Lose Again is a part of a larger whole under his company LeadershiPsych, developed in 2022. LeadershiPsych is an online learning company that takes the lessons learned from Live to Never Lose Again and incorporates them into online instruction for accountable, continuous education toward achieving personal aspirations. Jarvis believes that it is possible to mold personal passions into your tool to combat life challenges. Life is filled with complications and variations of problem sets that can make or break people. LeadershiPsych specializes in helping you manage the only consistent thing in life, change. Together we break habits, thought patterns, and condition a new mindset, centered around your passion.



In addition, he has authored three children's books titled "I Dream in Color". All three are motivational tools, inspired by true events, military history, and his personal passion to inspire change. "I Dream in Color" is meant to be a fun way of educating children about history. These short stories capture the essence of character, by looking at the world through the eyes of minority military heroes. The child understands that without reaching, impacting, and positively influencing those in need, he cannot fulfill his passion. It is his intention to help save a life, and that is the "why" behind his inspiration.

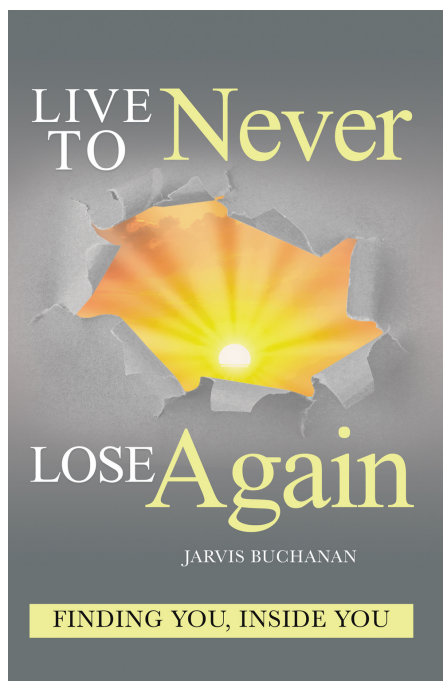
Ultimately, Jarvis desires to be the change that he so much wants to see in a world of uncertainty. His light shines brightest when he is able to influence, encourage and support those in need. Join in his efforts to change the world, one person at a time by sharing his work and endeavors to those you meet.



About the Book

There are points in life when we find ourselves at the end of our rope with no lifelines left. It is these times when we need the most support and feel most vulnerable. To never find yourself here again, I propose you learn to live to never lose again. This is a journey through the inner workings of you. It is a practical approach to never viewing any circumstance in life as a loss but instead finding the lesson that leads to growth. We learn and are conditioned to become carbon copies of our environment and genetics. However, we are seldom taught the strategies of how to change the dynamics of our make up to better tool us for the storms we encounter throughout life.

We are all heroes in our own stories. However, life happenings sometimes have a way of causing us to forget our greatness. Live to never lose again is a tool to help you better understand yourself again and provides realistic examples that magnify what makes us unique and remarkable. Dare to live to never lose again, the world is waiting to meet the upgraded version of you.





CUES AT THE CROSSROAD



At the end of each chapter of *Live to Never Lose Again* I have added a series of questions that will assist in your comprehension of the chapter and allow you to apply the lessons learned to your life. Those questions are also listed here so you can complete at your own pace.

Take the time, reflect and contemplate your answers to these questions. The questions were developed to invoke critical thinking from the reader. I ask open-ended questions to allow you the opportunity to free text your personal thoughts and feelings regarding the topic.

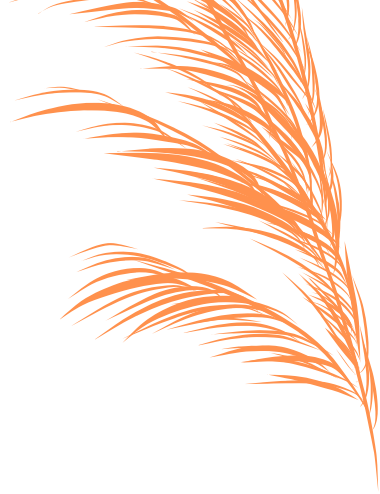
This exercise is designed to give you a kick start to writing down your thoughts and emotions. Journaling or capturing your thoughts on a daily basis is a proven technique to clarify the clutter that keeps us confused and moving without intention.

Consider working through one chapter each week. This approach will give you over two months of daily writing!





CUES AT THE CROSSROAD



Chapter 1: Letting Go

1. Are you ready to let go of something?
2. Are you ready to do the work to let it go?
3. What tools will you use to get started?
4. What needs do you have?
5. Currently, what are those needs filled with?
6. Are you letting go of a masked need or a filler?

After you decide what you are letting go of, you need to consider what you are replacing it with. Do evolutions happen overnight? Absolutely not! It was a work in progress with highs and lows. However, what I discovered was that once I let go of the need to have affirmation and acknowledgment from others, I felt justified in my actions and felt better about myself for making the changes I believed needed to be made.



CUES AT THE CROSSROAD



Chapter 2: Validation

1. Have you taken the time to self-evaluate?
2. What did you find in your “bird’s eye view”?
3. Can you figure out the differences in points where you are being externally validated, and where you are validating yourself?
4. Are you willing and ready to take actions to lead to self-validation? If not, then what is it that is holding you back?
5. What can you change in your environment once you have made your decision to change?
6. Can you identify your triggers?
7. Are you willing to let go of the fear and lose it all to gain yourself?

Think over the above questions conscientiously, because that will pave the path for your future so that you do not fall back into being your old self. It is time to set a firm foundation so that when you turn a new leaf and give wings to your dreams, there is no stopping you.



CUES AT THE CROSSROAD



Chapter 3: Confronting the “L” (Loss or Lesson?)

1. Do you accept or reject grief as a part of your growth?
2. If so, can you identify what stage or stages your behavior puts you in?
3. Do you have coping skills to use when you want to turn around?
4. Are you willing to develop coping skills to get you past the grief?
5. What are you afraid will happen or not happen?
6. What is the threat you see because of that fear?
7. Can you release that fear of never losing again?

Grief feeds on fear and guilt. Although you have taken the necessary steps to change, you still have to face the consequence of dealing with the despair and sadness that follows. You must accept this as a part of the process. The acceptance stage is a safer and more manageable condition. It allows transparency in thought and assists you to derive a particular conclusion about what we label as right or wrong decisions. Instead of viewing our decisions as right or wrong, we can look at them as life lessons or decisions and their consequences.



CUES AT THE CROSSROAD



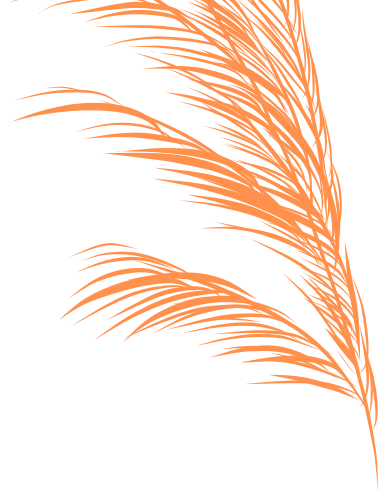
Chapter 4: Your Passion

1. First, think about what it is that you would do for free. If no one paid you any money, what is something that you would do for no money at all? What is something that you do, regardless of any form of payment or attention? What is something that you are drawn to do naturally?
2. When you wake up on a Saturday morning, or any morning when you do not go to work, what are the things you naturally yearn to get done after your routine tasks are complete?
3. What things have you naturally done, from childhood till now? You may not have done this task daily, or even weekly, but it has stuck around all your life.
4. What do you do, whether times are good or bad in your life? What is your fall back? Do you have something that you do to bring you back to reality when you are hit with shocking news? What makes you settle in and come off the high or the low?
5. Lastly, what do you read, talk, watch, or teach others? Often, this is a sign of what we are passionate about, contributing our efforts towards it. Your passion will not be the next big thing you see on TV. It will be something that has been inside you since you were a child. Once you are in it, you will know.

In the words of LA Reid, “Find your passion, and it’s no longer work.” When you are passionate about your work, you will have that confidence in your voice and a spring in your step. What could be more fulfilling than this? Hence, identifying your passion will help you to map your future.



CUES AT THE CROSSROAD



Chapter 5: Life Cycles

1. Are you a dweller, achiever, or dreamer?
2. Are you in a storm?
3. If so, how did you get there? If not, look back and identify your last storm to help develop a better understanding of self.
4. What will you do if you are in a storm? Keep things the same, change the condition, or change the blueprint?
5. What are other options if you choose to change the condition or the blueprint?
6. Are you willing to try one of these innovative ideas?

Cyclones take many forms, such as an accident, a health crisis, or a loss in the family. Cyclones leave you with three decisions; stay the same, change the conditions, or change yourself (recognize the theme?). The key point is, if you recognize that no matter where you are in life, you will always have these three choices, you are never trapped! The only choice you do not have is whether to weather the storm, as it has either already arrived or is around the corner.



CUES AT THE CROSSROAD



Chapter 6: The Intangibles

1. Do you believe in yourself? If not, what do you fear most?
2. Currently, where is your focus? Is it in the right place or do you need to change it?
3. What type of conditioning do you think works best for you?
4. Do you find Benjamin Franklin's virtue cards effective? Would you be willing to find your way of tracking your actions?
5. What are you sick and tired of being sick and tired of?
6. Will you take the challenge to change your habits?

Contemplate the answers to the above questions without holding back, and you will get a clear picture of whether you are where you want to be in life. If not, it will help you to think about what can be done to help you get closer to your ideal self.



CUES AT THE CROSSROAD



Chapter 7: Balance

1. What are your five primary tentacles (needs)?
2. Do you have a goal set that aligns with your primary needs?
3. Are you willing to budget your life?
4. Will you stay accountable for your plans? What techniques will you use?
5. What are the vices of your choice?
6. Have some of your distractions led to disaster?
7. Are some of your distractions out of control? Can you identify them?
8. Can you use your willpower to negotiate with yourself on setting goals and fulfilling them through balance? How will you do that?

Sometimes, life storms steer you off track, but it is seldom that you cannot find a way to stick to your plan. If you take time to navigate to your passion, you know that the route you selected is for yourself. Diversions are how the universe tests whether you genuinely want the thing you have envisioned for yourself. You will face many tests and will be tempted, too, but know that a distraction that is out of control is simply driving you farther and farther away from becoming the best version of yourself.



CUES AT THE CROSSROAD



Chapter 8: Connections

- 1.What connections do you have that are weighing you down?
- 2.How many friends do you have?
- 3.Are you forcing any of your relationships?
- 4.Are you willing to demote such worthless relationships and move on?
- 5.Which tools do you need to be better resourced on this journey?
- 6.Are you willing to grow your resources?
- 7.How can you be of service to the community to show your skills?
- 8.Will you take the leap to sign up for something different?
- 9.Do you trust yourself?

People must earn your essence, just as you must earn theirs. The minute you see that they no longer add value to you, demote them, and move forward. I know it sounds harsh, but overall, it would make sense. I am in this to help you never lose again. You have laid your implicit trust in me by picking up this book, so in that regard, consider me to be a friend, and give the above suggestion serious thought. That is what I would tell any one of my friends.



CUES AT THE CROSSROAD



Chapter 9: Power

Here are a few questions to ask yourself:

1. Who has power over you in your life?
2. Who do you have power over?
3. What do you want to have power over?
4. Can you use the definitions of the types of power to devise a plan for how to ascertain the power you seek?
5. Are you willing to stay committed to the algorithm you create for power once you understand how to get what you want?
6. Do you see how the abuse of power has detrimental impacts?
7. Will you agree to never abuse your power?

Whatever you do, do not take the lessons of power personally. Power has been around since there have been men to desire it, offering herself to those who are willing to learn and understand her ways and will be around well after we are gone. It works for those who appreciate the value of power and are willing to follow the guidelines to attain and hold on to her beauty. If you attempt to hold her too tight, the sting of rejection can be costly, or if you allow her too much space, she could be lost forever. However, if you listen to her actions and pay attention to her moves, then you have befriended the queen of all queens.