THE JOURNEY TO TRIUMPH

12 STEPS. ANY ORDER. REPEAT ANY STEP.



ADAPT The foundation, steps 1–5

A	**1. Aspire**	Identify what you want to achieve.
D	**2. Determine**	Make a commitment to reaching your goal.
A	**3. Assess**	Understand your strengths, resources, and barriers.
P	**4. Plan**	Choose a realistic route toward your goal.
T	**5. Take Action**	Begin, even if the first step is small.

TRIUMPH The achievement, steps 6–12

T	**6. Test**	Put your approach into practice and learn what works.
R	**7. Reassess**	Recognize obstacles and evaluate your results.
I	**8. Innovate**	Find new solutions and adapt your methods.
U	**9. Unite**	Seek support and collaborate with others.
M	**10. Master**	Develop the skills and confidence needed to advance.
P	**11. Persevere**	Keep progressing through challenges and setbacks.
H	**12. Honor**	Recognize your achievements and the journey that made them possible.

Steps can happen in any order, and can be repeated.

Triumph is individually defined. It need not mean winning first place, walking again, or achieving someone else's measure. It may mean independence, confidence, community, or reaching a personal goal.

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ADAPT & TRIUMPH