



THE DRAGON TRAINING: BREAK THROUGH

| PRAXIS: FOLLOW THROUGH

The power of triads

A simple guide to staying in motion

The Dragon Training is only the beginning. Real transformation happens afterward, in the hundreds of small choices that either reinforce old patterns or create new ones. One of the most powerful ways to sustain momentum is to meet regularly with two other Dragon Training graduates who are committed to growing alongside you.

A triad provides both **support and challenge** – the two forces that consistently produce lasting change.

Three principles

- 1. Commitments spoken aloud are stronger than commitments kept in your head.** When you tell others what you're committed to, you're far more likely to follow through.
- 2. Attention is your superpower.** Whatever consistently receives your attention grows. A weekly triad keeps your attention on the life you're creating rather than the habits you're leaving behind.
- 3. Transformation requires both support and challenge.** Support without challenge becomes comfort. Challenge without support becomes pressure. Lasting growth comes from having both.

Why three people?

Three people prevent what we call **the Coward's Bargain**: *"I won't challenge you if you don't challenge me."*

With only two people, it's easy to quietly let each other off the hook. A third person changes the dynamic. Everyone is encouraged to stand for one another's success, not by judging or rescuing but by offering honest support and courageous challenge.

A simple weekly structure

Meet once each week for about **60 minutes** by Zoom or phone. Protect the time. Treat it like an appointment with your future self.

A typical meeting looks like this:

1. Opening check-in (10 minutes)

Each person briefly shares how they're doing.

You might use **PIES** (Physical, Intellectual, Emotional, Spiritual) or simply share whatever feels most alive.

2. Three goal rounds (45 minutes)

Choose three areas of focus for everyone in the triad.

Many graduates begin with:

- Physical health and well-being
- Spiritual practice
- One Big Thing (the life project that would most change your life if accomplished)

Other possibilities include relationships, creative work, business, parenting, finances, or any meaningful commitment.

For each topic, one person shares:

- What happened since last week?

- What worked?
- Where did I get stuck?
- What am I committing to next?

The other two members temporarily take different roles:

Mentor/Supporter

Helps identify strengths, progress, possibilities, encouragement, and resources.

Examples:

- "What are you proud of?"
- "What helped you succeed?"
- "How can you build on that?"

Archetypal energies: Sovereign & Lover

Challenger

Helps uncover blind spots, avoidance, excuses, and opportunities for greater integrity.

Examples:

- "What got in your way?"
- "What are you avoiding?"
- "What would real commitment look like?"

Archetypal energies: Warrior & Magician

These roles should rotate throughout the meeting so everyone practices both supporting and challenging.

3. Closing commitments (5 minutes)

Each person leaves with:

- One or two concrete commitments for the coming week
- Any specific support they're requesting
- A brief checkout

End on time. Reliability builds trust.

Daily accountability (optional)

Many triads also use simple daily check-ins when building a new habit.

A quick text can simply say:

- "Meditating now."
- "Workout complete."
- "Writing for the next hour."

One particularly effective practice is **bookending**: *"I'm starting"* followed later by *"I finished."*

These check-ins take less than a minute but dramatically increase follow-through.

When resistance appears

If your goals matter and are big enough, sooner or later you'll meet resistance – or what we call internal opposition.

You may procrastinate. You may avoid the call because you didn't do what you committed to. You may become annoyed by being challenged.

Good. This doesn't mean the triad isn't working.

It usually means you're finally bumping into the beliefs, fears, and habits that have always limited you. Growth often looks like discomfort before it looks like success. Conversely, failure often feels easy, like the path of least resistance.

Rather than hiding these moments, bring them into the conversation. They're often where the greatest breakthroughs occur.

Common pitfalls

1. Turning the triad into a support group

Compassion matters. So does momentum.

If one person's struggles consistently consume the meeting, return to equal time and shared accountability.

2. Avoiding challenge

Don't settle for keeping one another comfortable. Kindness sometimes means asking the difficult question.

Remember: support and challenge are partners, not opposites.

3. Overcomplicating your goals

Keep your commitments simple enough that you can actually act on them.

Your goals will naturally evolve over time.

Progress matters more than perfection.

4. Spending all your time talking

The purpose of the triad isn't discussion. It's action.

The meeting exists to support what happens between meetings.

Final suggestions

- Rotate who facilitates each meeting
- Appoint someone to watch the time
- Keep your commitments realistic
- Celebrate progress
- Tell the truth when you fall short
- No shaming or blaming
- Stay curious instead of defensive
- Protect the weekly meeting

This document contains a lot of guidance. You don't have to master it all at once. Just get started and use this as a reference when needed. **Above all, remember that your triad belongs to you. Use it boldly. Take risks. Call one another forward. Keep turning toward the Dragon.**

Proceed carefully — but proceed.



P.S. For those who prefer more support

Many Dragon Training graduates create thriving triads on their own using this guide. If you'd appreciate a little more structure along the way, consider **Praxis**, our optional post-training support program.

The word *praxis* comes from the ancient Greek, where it refers to **lived practice** — the embodiment of what has been discovered. That's exactly its purpose: helping you translate the insights and breakthroughs of the Dragon Training into the daily practices that create lasting change.

Praxis includes periodic coaching, guidance if your triad gets stuck, and introductions to books, videos, practices, and other resources that can help you sustain your momentum. If that kind of support would serve you, we'd love to welcome you.