

# THE ADVANTAGE FRAMEWORK

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## Workbook

A Practical Guide to Applying Success Mindset Principles

*Companion resource to Success Mindset: The Advantage by Hannah Hally*

## **How to Use This Workbook**

This workbook is designed to help you integrate the Advantage framework into your daily work and decision-making. It provides practical tools, templates, and exercises that transform the concepts from the book into actionable systems.

The workbook is organised into sections that mirror the book's structure. You can work through it sequentially or jump to the section that addresses your current challenge. Each section includes:

- Self-assessment questions to identify where to focus
- Practical templates you can use immediately
- Reflection prompts to deepen your understanding
- 90-day integration exercises to build lasting habits

## PART 1: SELF-ASSESSMENT

### Where Should You Start?

The Advantage framework has seven integrated elements. Before diving into specific tools, identify which element needs your attention most right now. Rate each statement below from 1 (rarely true) to 5 (consistently true):

<b>Element</b>	<b>Assessment Statement</b>	<b>Score (1-5)</b>
<i>Clear Thinking</i>	I can separate important information from noise and make decisions without overthinking	
	I have mental models and frameworks I apply consistently when facing complex problems	
<i>Confident Decisions</i>	I make decisions without waiting for perfect information and trust my judgment	
	I review my decisions to learn from them rather than second-guessing endlessly	
<i>Focused Action</i>	I turn my priorities into specific commitments with protected time	
	I maintain discipline in execution without relying on motivation alone	
<i>Genuine Confidence</i>	My confidence comes from evidence of competence, not performance or projection	
	I communicate clearly without excessive hedging or qualification	
<i>Influence Without Authority</i>	I shape outcomes and contribute strategically even when I lack formal authority	
	I think like an owner and take responsibility beyond my defined role	
<i>Resilient Recovery</i>	I process setbacks quickly, extract lessons, and move forward without ruminating	
	I regulate my emotions so they inform rather than overwhelm my thinking	

<i>Long-Term Sustainability</i>	My decisions are guided by long-term values rather than short-term pressures	
	I have boundaries and systems that protect my energy and prevent burnout	

**Interpreting Your Scores:** Total your scores for each element (two questions per element). Your lowest-scoring element is where to begin. Focus on one element at a time for maximum integration.

## PART 2: DECISION-MAKING

### TEMPLATES

#### Six Frameworks for Confident Decisions

Use these templates when facing important decisions. Choose the framework that best fits your situation. Complete the template, then make your decision based on the structured thinking rather than gut feel alone.

#### Template 1: Regret Minimisation Framework

*Use when: Career decisions, major commitments, situations where fear of failure is preventing action*

***Decision being considered:***

<i>When I look back on this decision in 5 years, which choice will I regret least?</i>	
<i>What am I afraid of if I say yes?</i>	
<i>What am I afraid of if I say no?</i>	
<i>Which fear is more about short-term discomfort vs. long-term regret?</i>	
<i>My decision:</i>	

## Template 2: Reversibility Test

Use when: You are overthinking a decision that may not warrant extensive deliberation

**Decision:**

Can this decision be reversed if it does not work out?

YES (two-way door) / NO (one-way door)

If YES (reversible):

Make the decision quickly. Set a review point.

Review point:

If NO (irreversible): What makes this irreversible?

What information would change your thinking?

Decision deadline:

### Template 3: The 10-10-10 Rule

Use when: Emotions are running high or you need perspective across time horizons

**Decision:**

How will I feel about this decision in 10 minutes?

How will I feel about this decision in 10 months?

How will I feel about this decision in 10 years?

Which timeframe matters most? My decision  
based on that:


### **Template 4: Worst-Case Scenario Test**

Use when: Fear-based hesitation or catastrophic thinking

What is the absolute worst outcome?

How likely is that worst case?

If it happens, can I recover?

Is the fear proportional to the actual risk?

### **Template 5: Criteria-Based Decision Filter**

Use when: Recurring decisions or comparing multiple options

What criteria matter for this decision? (List 3-5)

Weight each criterion (which matters most?)

Score each option against the criteria

The highest-scoring option wins

**Template 6: Two-Way vs. One-Way Door**

Use when: Determining how much deliberation a decision deserves

Is this a two-way door (reversible)?

Is this a one-way door (locks in a path)?

Two-way doors: Decide fast, test, adjust

One-way doors: Take more time, gather input

### **PART 3: CLARITY RULES WORKSHEET**

Build your personal decision filters to eliminate repeated decisions.

#### **Repeated Decisions:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

#### **My Clarity Rules:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **PART 4: POST-DECISION REVIEW**

Decision: \_\_\_\_\_

Date made: \_\_\_\_\_ Date reviewed: \_\_\_\_\_

What was the decision and why?

What was the outcome?

What would I do differently?

One adjustment to test:

## **PART 5: WEEKLY REFLECTION**

Week of: \_\_\_\_\_

Clear Thinking: What decisions did I overthink vs. decide clearly?

Confident Decisions: What did I delay unnecessarily?

Focused Action: Did my commitments align with priorities?

One change for next week:

## PART 6: 90-DAY INTEGRATION PLAN

Phase 1 (Days 1-30): My focus element: \_\_\_\_\_

Specific practice: \_\_\_\_\_

Phase 2 (Days 31-60): Second element: \_\_\_\_\_

Specific practice: \_\_\_\_\_

Phase 3 (Days 61-90): What is now automatic?

90-Day reflection:

**Remember:** The Advantage framework is not about perfection. It is about progress. One practice at a time. One decision at a time. One refinement at a time.

The system builds slowly. The advantage compounds reliably.

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