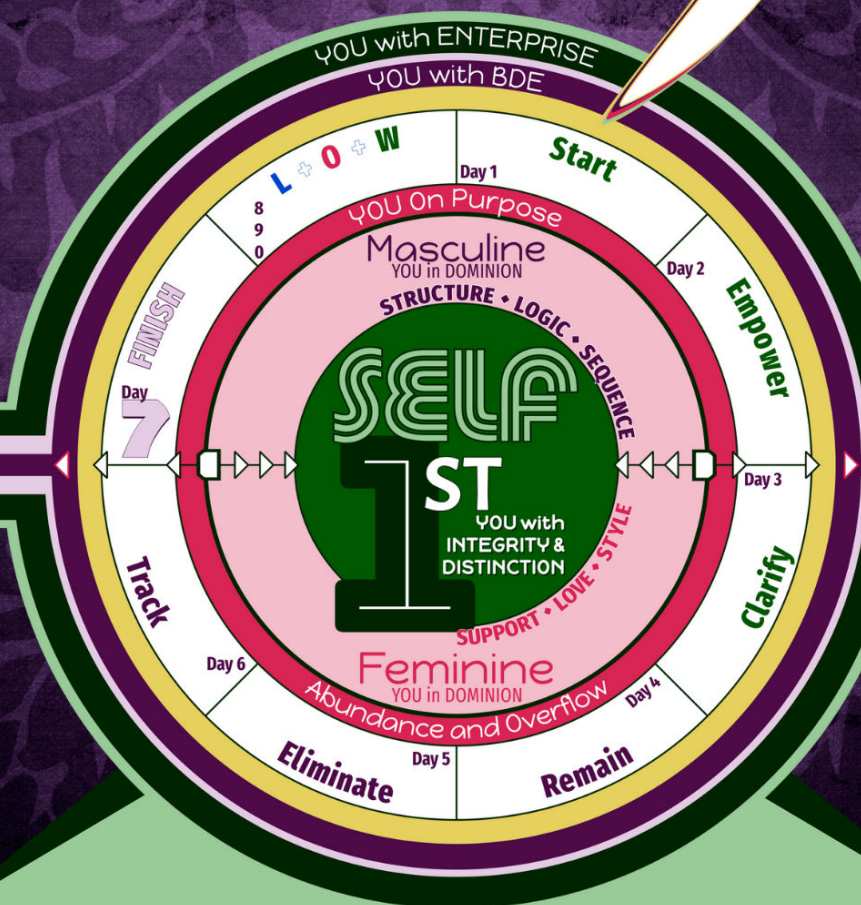


Why You Absolutely Must REFRAME YOUR SELF 1ST

SELF 1st - Stage 01: YOU with **INTEGRITY**
 SELF 1st - Stage 02: YOU with **DISTINCTION**
 SELF 1st - Stage 03: YOU In **DOMINION**
 SELF 1st - Stage 04: YOU as **DISRUPTER** <<<<
 SELF 1st - Stage 05: YOU on **PURPOSE**
 SELF 1st - Stage 06: YOU with **BDE (BIG Deal Energy)**
 Then Others - Stage 07: YOU with **ENTERPRISE**



When you're bleeding power or blocking flow, life doesn't wait.
 The way out of Doubt, Fear and Confusion is simple: **REFRAME** your **SELF**

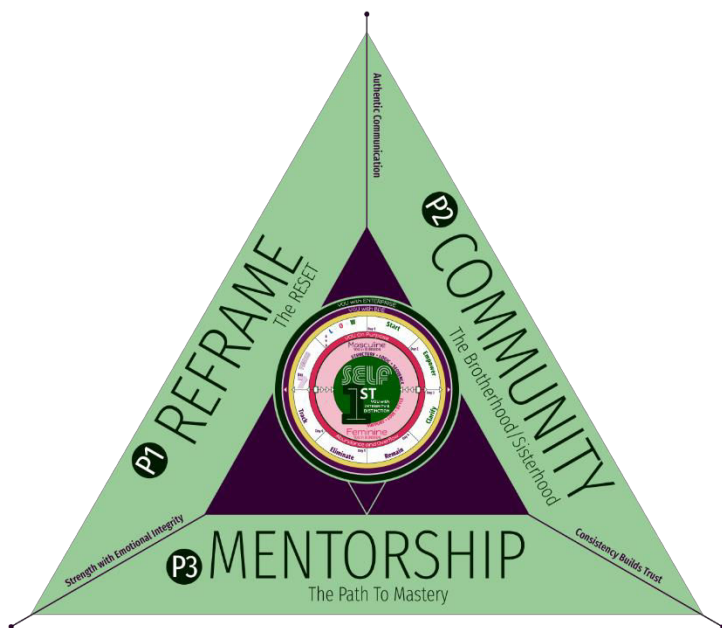
Why YOU Absolutely Must reFRAME YOUR SELF 1ST

Full Color Collector's Edition

Stop Leaking Power. Stop Blocking Flow.
The 7-Day Path Out of Doubt, Fear and Confusion.

Algernon A. Tucker

7 Day Secret LLC



Start Your 7-Day Shift



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Why YOU Absolutely Must reFRAME YOUR SELF 1ST

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If YOU decide to use any of the information in this book for your SELF, the author and the publisher assume no responsibility for your actions, results and experiences.

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Contents

SELF 1ST -STAGE 00: YOU WITH DOUBT, FEAR AND CONFUSION 9

 You've Attracted Into Your Life Exactly Who YOU Are 9

 Food For Thought: Reject Your Old Self 9

 The Fundamental Shift 10

 Why Listen To Me?..... 11

 The Breakthrough That Changed Everything..... 12

 The 10 Moves of SECRET F.L.O.W..... 13

 Key Terms: The Language of Ambitious Achievers 14

SELF 1ST -STAGE 01: YOU WITH INTEGRITY..... 15

 Underlying Experiences, Stories and Emotionally-Charged Action..... 15

 Food For Thought: Choose Your New Self 15

**WHAT IS THE SINGLE, MOST FASCINATING QUALITY ABOUT YOU THAT YOU'VE
REPEATEDLY TAKEN FOR GRANTED? 17**

 YOU Will Not Win (At Life) By Being Invisible and Indistinct; Instead, YOU Must Be Recognized and
 Remembered..... 17

 Lesson 1.01: STOP Embracing or Accepting Any Idea Which Suggests YOU Are Small and Inadequate 19

 Lesson 1.04: START Seeing Your SELF As Powerful Beyond Measure 22

 Lesson 1.07: Write Your Single Most Fascinating Quality Inside The Diamond 24

 Lesson 1.10: Demonstrate The Practice of Enthusiasm 26

**HOW DOES THIS SINGLE QUALITY BENEFIT YOU IN YOUR DAY-TO-DAY AFFAIRS?
..... 29**

 START Paying Close Attention To What People Say About YOU When YOU Show Up To Serve Them
 29

 Lesson 2.01: STOP Ignoring The Valuable Feedback Made Available Every Time YOU Share Your Single,
 Most Fascinating Quality..... 31

 Lesson 2.04: START Refining The Unique Characteristics Which Make Your Single, Most Fascinating Quality
 Worthy of Celebration 32

 Lesson 2.07: Write Down (As Vividly and Definite As YOU Can) How Others Experience Your Single, Most
 Fascinating Quality 33

 Lesson 2.10: Repurpose How YOU Use Your Single, Most Fascinating Quality Through The Practice of
 Imagination 34

**WHAT PAINFUL CONSEQUENCE HAVE YOU EXPERIENCED REPEATEDLY BECAUSE
YOU HAVEN'T LEARNED TO CONTROL AND DIRECT YOUR SINGLE, MOST
FASCINATING QUALITY? 39**

 Defining Moments In Life Demand A Shift In How YOU Serve YOU. If YOU Shift, There's A Reward, If
 YOU Don't, There's A Painful Consequence..... 39

 Lesson 3.01: Perspective Shift # 1 - YOU Cannot Effectively Stop Your SELF From Seeing or Hearing
 Something * Your Subconscious Mind Records Everything..... 41

 Lesson 3.04: Perspective Shift # 2 - YOU Cannot Effectively Stop Your SELF From Telling An Emotionally-
 Charged Story About What You've Seen or Heard 45

 Lesson 3.07: Perspective Shift # 3 - YOU Can Acknowledge That You've Told Your SELF A Story (Potential
 Lie) and Reprogram Your Mind To Move In A New, More Beneficial Direction..... 46

 Lesson 3.10: The Principle of The Path..... 56

Self 1st -Stage 00: YOU with Doubt, Fear and Confusion

You've Attracted Into Your Life Exactly Who YOU Are

FOOD FOR THOUGHT: REJECT YOUR OLD SELF

You're a majestic magnet.

You're a commanding chief.

You're a possibility pursuer.

You're an instinctive instigator.

You're creative creator.

You're a refinement revolutionary.

You're a wise way-maker.

You're a diligent demonstrator.

You're a mighty master.

You're a bold believer.

You're an essential element.

You're also stuck in a pattern of defeat, disappointment and disconnect, **which is slowly replacing all the great qualities above, with distinctions of nothingness.**

You're a phenomenal somebody, acting as if you're an insignificant nobody. If you're ready to be a phenomenal somebody again, keep reading.

THE FUNDAMENTAL SHIFT

In this book we'll explore and uncover...

- The **#1 factor** that keeps ambitious achievers (like YOU) stuck and ineffective is strategically aligned doubt, fear and confusion living inside your own mind.
- Why you're **sabotaging your own success** without realizing it.
- How to break free using a **counterintuitive strategy** that can **fully activate in just 7 days**.

This book is for YOU if...

- You're an **ambitious achiever**, but find your SELF extremely distracted and disrupted by doubt, fear and confusion.
- YOU **struggle to say NO**, even when YOU know YOU should.
- You've tried to push through doubt, fear and confusion, but these 3 tricksters impound your ability to make extraordinary things happen.

You're still reading because YOU saw someTHING on the cover which reminded YOU that.

- You've got drive. You've got talent. But something's been getting in the way—namely fear."
- Not just any fear... It's most frequently is the fear of saying NO.
- Intensified by the fear of FAILURE. The fear of HUMILIATION. The fear of LOSING YOUR REPUTATION.

By the end of this book (and journey into your SELF), you're going to discover a new way to **take control of your confidence, your authority and the way YOU show up** in conversations. And no, this isn't the same old '**just be confident**' advice you've heard before. This is someTHING different.

It's almost exclusively **about YOU learning how to own your shit and then turn into fertilizer** to help YOU grow, become and experience life in remarkable ways.

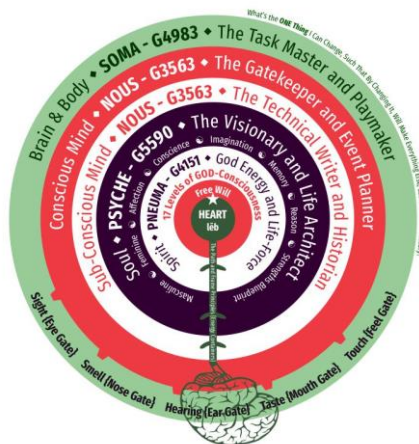
WHY LISTEN TO ME?

For most of my life, things just worked... until they didn't.

At first, I didn't panic. I did what any ambitious achiever would do—I pushed harder. I studied longer. I evaluated everyTHING. But nothing changed. I continued to fail.

And that failure **crawled into my head and took on the likeness of a parasite**—flooding my mind with an exponential dose of doubt, fear and confusion. Until one day, I stumbled onto someTHING **completely unexpected**...

I saw for the first time, **after looking at this image a hundred times**, how to demolish my **doubt**, freeze my **fear** and take command over my **confusion**.



The SELF 1st Then Others Way of Life and Business

- SELF 1st - Stage **00**: YOU with **DOUBT, FEAR** and **CONFUSION**
- SELF 1st - Stage **01**: YOU with **INTEGRITY**
- SELF 1st - Stage **02**: YOU with **DISTINCTION**
- SELF 1st - Stage **03**: YOU In **DOMINION**
- SELF 1st - Stage **04**: YOU as **DISRUPTER**
- SELF 1st - Stage **05**: YOU On **PURPOSE**
- SELF 1st - Stage **06**: YOU With **BDE**
 - Then Others - Stage **07**: YOU with **ENTERPRISE**

THE BREAKTHROUGH THAT CHANGED EVERYTHING

Learning to Think Like a PIMP Unlocked the Secret to Confidently Starting Again

I boycotted traditional success books—and went **somewhere unexpected**. I wanted something different. I wanted to understand the mind of a **PIMP**. Not to become a pimp—but to **think** like one ► *Structure + Logic + Sequence + Support + Love + Style*

See, here's the thing: ***a true pimp operates with absolute confidence, discipline and control over his world. Otherwise, every ONE would see him as a worthless nobody.***

THAT'S WHEN IT HIT ME—fear wasn't my real problem. **My inability to say NO** was my problem, your problem and the problem every ambitious achiever must overcome. What you'll gain by walking through and experiencing **victory over the "I Can't Say NO Problem"** is **a clear, actionable system to remain unshakably confident.**

When your mind becomes flooded with thoughts that typically activate your doubt, fear and confusion, **YOU** respond with structure, logic and sequence. **YOU** engage your **SECRET F.L.O.W.** and repurpose the energy back of doubt, fear and confusion, into a mighty engine.

The truth is, confidence isn't about being fearless—it's about **mastering control over your SELF and the elements over which YOU have influence.**

In this book, I'm giving **YOU the structure, logic and sequence** to demolish your DOUBT, freeze your FEAR and take command over your CONFUSION. You'll learn to **Own Your Authority, Rewire Your Mindset and Master Command Presence.**

Authority (**Your Energy**), Mindset (**Your Perspective**) and Command Presence (**Your Execution**) are prerequisite for your personal breakthrough.

The SECRET F.L.O.W. Framework and 7DS Community of Ambitious Achievers provide the love, support, celebration and protection you'll need **to keep moving towards the bull's eye, the mountaintop, the desired outcome.**

The SECRET F.L.O.W. Framework

For Personal Mastery and Cultural Impact

The SECRET F.L.O.W. Framework is how ambitious men and women eliminate **doubt, fear and confusion** in 7-day cycles. It resets confidence, restores clarity and releases capacity locked up in the wrong people, places and patterns — so you can **do something remarkable**.

THE 10 MOVES OF SECRET F.L.O.W.

Start — Choose ONE decisive outcome for the next 7 days. Intent beats overwhelm.

Empower — Fuel it with conviction and emotion. Energy is the multiplier.

Clarify — Name why it matters now. Clarity locks commitment.

Remain — Focus ruthlessly. No leaks. No distractions.

Eliminate — Cut one habit, excuse or block that weakens you. Simplify to strengthen.

Track — Measure your moves. Align with brothers, sisters or mentors who keep you sharp.

Finish — Deliver. Complete what you start. Build self-trust through execution.

Leverage — Amplify your unique strength (BDE / masculine mastery or feminine finesse) into influence.

Offer — Turn your growth into value others can feel: clarity, safety, speed or transformation.

WealthGEN — Sustain it. Translate your mastery into long-term authority, impact and prosperity.

KEY TERMS: THE LANGUAGE OF AMBITIOUS ACHIEVERS

Here are key terms YOU will be exposed to in this **Life Creation Guide**:

- **Ambitious Achievers:** The name of the masculine men and feminine woman using The SECRET F.L.O.W. Framework and associated tools to guide their Rite of Passage Initiation. (chap 11)
- **Creatively Persuasive:** The primary goal of the Rite of Passage Initiation for females ► From female to Feminine Woman to QUEEN. (chap 13)
- **HCI Vision Frame:** 4 Question-based Catalysts to START your Rite of Passage Initiation and set in motion your transmutation. (chap 17 – 20)
- **Insightfully Preeminent:** The primary goal of the Rite of Passage Initiation for males ► From male to Masculine Man to KING. (chap 12)
- **Masterfully Productive:** The secondary goal of the Rite of Passage Initiation for males and females ► The perfect harmony of the masculine and feminine energies to help men and women create F.L.O.W. (chap 14 – 15)
- **Rite of Passage Initiation (DREAD):** The transmutation process for males.
- **Rite of Passage Initiation (RUPTURE):** The transmutation process for females. (chap 12 and 13) ► for DREAD and RUPTURE respectively)
- **Self 1st, Then Others:** A manifesto to reset the way that YOU invest in others; serve INWARD 6 times, then radiate OUTWARD 1 time. Repeat. YOU are essentially practicing Habit 7: Sharpening The Saw (from The 7 Habits of Highly Effective People). This allows others to benefit from your overflow rather than your necessity. YOU avoid depletion, burnout and abuse.
- **Strengths BLUEPRINT:** God has a specific Assignment for YOU and has equipped YOU with a Unique Combination of POWERS to carry out your Assignment. The Assignment is two-fold: 1st it is about who you'll BECOME. 2nd it is about who you'll SERVE. Self 1st, Then Others. (chap 4 – 9)
- **Transmutation:** Becoming YOU 2.0: I Am Integrity. I Am Distinctive. I Am Dominion. I Am A Disrupter. Transmutation is a specific and complete change from one version of YOU to another. It is Reframing Your Identity using the E.A.T. Beliefs Process – A process of Accurate Thinking and Co-Operation between the 4 elements of SELF. (chap 16)

Self 1st -Stage 01: YOU with INTEGRITY

Underlying Experiences, Stories and Emotionally-Charged Action

FOOD FOR THOUGHT: CHOOSE YOUR NEW SELF

Our deepest fear is not that we are powerless. Our deepest fear is that we are forces of nature, limitless and unshakable.

It is not our flaws, but our brilliance, that terrifies us. We ask ourselves, *Who am I to command the room, to lead with confidence, to embody unapologetic strength?*

But the real question is, *Who are YOU not to be?*

YOU are the divine expression of both the masculine and feminine, **perfectly designed to create, to conquer and to love**. To deny this power is to betray the very source of your being.

Your smallness does not serve the world. Shrinking to make others feel comfortable robs YOU of the greatness that lives in YOU. There is no enlightenment in playing small or dimming your light so others can shine less brightly.

YOU were born to wield your sovereignty—**imperial and majestic**—not just for your SELF, but for all who cross your path. That power is not reserved for the few; it runs through each of us, waiting to be claimed.

As YOU claim your own power, your life becomes the permission slip others need to step into their own. In your presence, **they will remember what it means to be fully alive**, to fully live their own story.

And when YOU liberate your SELF from the chains of doubt, fear and confusion, YOU set the world on fire. Because your presence, in all its magnificence, burns brighter than any shadow that's been trying to hold YOU back. **At the beginning of the next sentence, insert your name (First Middle and Last) and act as if I've written this about YOU.** If you're male, insert the name of a female YOU know and admire.

Aurelia Keturah Ashford's journey is not just hers, but yours. It's the journey we all must take, to awaken to the realization that we are not lost or broken—but whole and striving to be fully immersed in life.

Her quest isn't to bring reward to someONE else. It's to be **compensated with the truth** that she is the one she's been looking for all along. As she walks the path, she uncovers the strength of both her feminine intuition and her masculine courage, realizing that they are not separate forces, but the sacred dance of her true nature.

Aurelia's adventure teaches her to be fiercely vulnerable, knowing **that true strength arises when she dares to love her SELF fully, unapologetically, as if her very life depends on it.** It is the art of becoming irresistibly magnetic—not by chasing attention, but by aligning her soul with her deepest power.

Through it all, Aurelia undergoes a metamorphosis—a shift in consciousness that alters the very fabric of her being. In the end, she doesn't just find her SELF; she becomes the version of her SELF that the world never knew it needed. **She takes on her new distinction and emerges as *Selah*—pronounced "SAY-lah".**

Selah is the divine intertwine, the sacred balance, the woman who is never afraid to step into her greatness and claim the life, love and leadership she was born to command. This narrative is **the gateway to self-discovery**, to becoming the person YOU were always meant to be. *Selah's* story is not just hers—it is yours.

Selah, is also partner to Gideon. She embodies specific principles in the feminine, complementing his guidance with her own wisdom, love and strength. Together, they forge a path **for both men and women to awaken their fullest potential**, to step into their divine dominion and power, unshaken by doubt, fear or confusion.

We are all heroes of our own quests, seeking and becoming, daring to step into the light of our own power. And as we do, we transform the world around us, one choice, one step, one act of bold love at a time.