



GALORIOUS EXPRESSION® LLC

The C·B·A™ Operational Cadence

Clarity · Boundaries · Action—the operating system for high-performers who want to stop spinning and start delivering.

SWIPE TO LEARN →

What Is C·B·A™?

1

Clarity

Audit operational weaknesses

2

Boundaries

Design systems & decision boundaries

3

Action

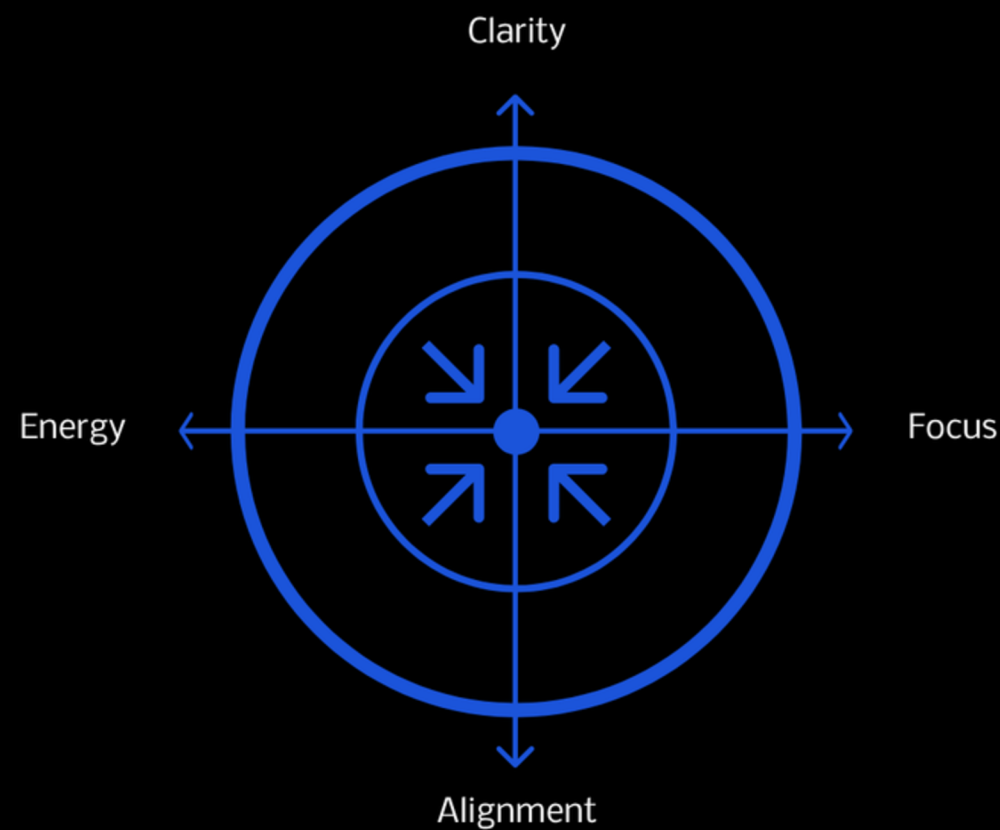
Deploy infrastructure & optimize

Clarity reveals what matters. Boundaries protect your energy. Action transforms intention into progress.



C – CLARITY

Realign With What Truly Matters



Big-Picture Outcome

Define mission success for the next 30/60/90 days.

Energy Check

Score tasks 1-5 for meaning + momentum. Pause the 1-2s.

Shift Experiment

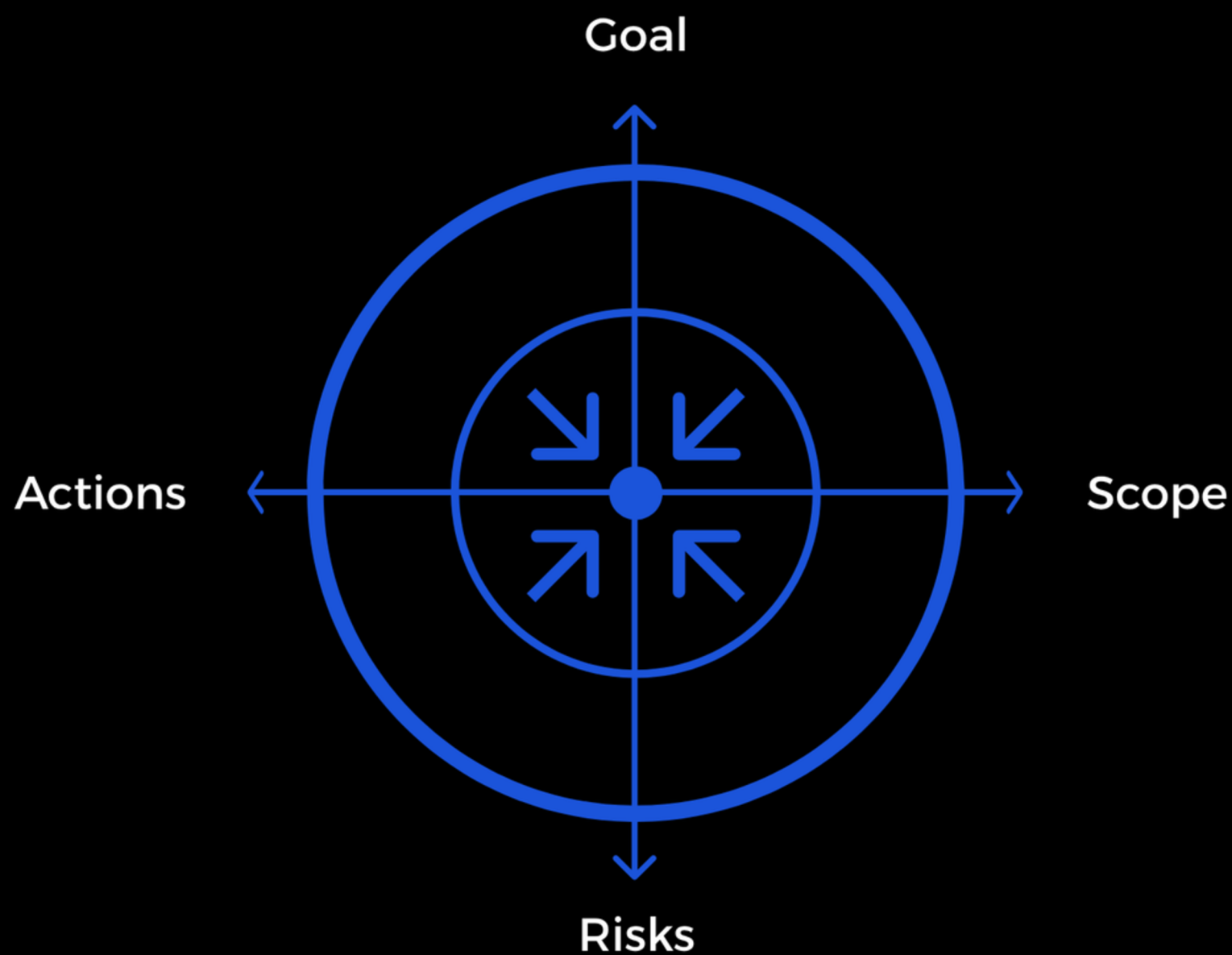
Remove one energy drain for 7 days. Evaluate the impact.



C – CLARITY TOOLS

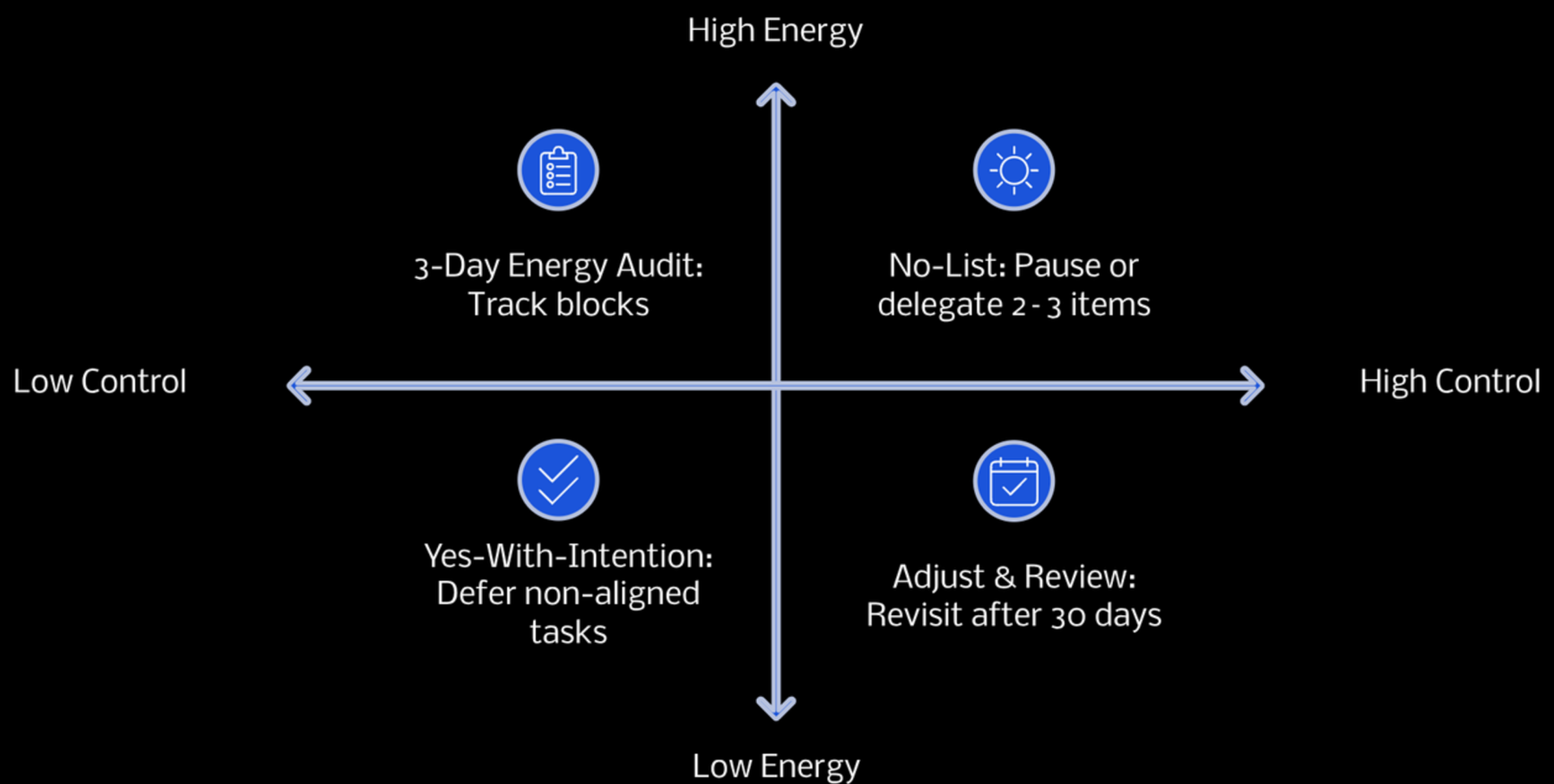
The Project Compass

Run this 5-minute facilitation script weekly to keep your team aligned and moving.



B – BOUNDARIES

Protect Time, Scope & Energy



Say This, Not That

Scope Guard

"That outcome is outside our current scope. Two options: adjust scope/timeline, or add a change-order."

Response Window

"I reply within 24-48 business hours. Urgent items get 'received + ETA' within 2 hours."

Define office hours, revision rounds, and rush-fee policies upfront—in writing.



Translate Intent Into Momentum

01

Daily Top-3

Identify the single most impactful step. Time-block focus, collab, and recovery.

02

Mini-Wins

End every session by shipping notes, mockups, or decisions.

03

Two-Line Update

"Today I moved X. Blockers: Y." Keep async communication tight.



The C.B.A™ Weekly Template

1

Monday

Confirm Top-3 + resources. Update Compass East/West.

2

Tue-Thu

Deep work blocks. 2-line async updates daily.

3

Thu PM

Scope check with Decision Matrix.

4

Friday

Demo, mini-retro, capture to Ledger. Set next week's Top-3.



C·B·A™ FRAMEWORK

C·B·A™ Operational Cadence

Run this loop weekly with clients, monthly for full reviews, and at every milestone for retros and calibration.



Lead With Integrity. Deliver Real Value.

"Keep the loop human: lead with integrity, healthy empathy, and real value for partners, clients, and collaborators."

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