

THE THREE ADVANTAGES CANVAS: Stay Ahead. Stay Free. Stay Strong.

A practical tool to move from passive noise to active agency. Download & Print.

INSTRUCTIONS: This canvas uses the "Noise-to-Signal Shift." For each pillar, identify where you are passive (Noise), define one high-leverage action (Signal), and commit to a first step.

	 STAY AHEAD (Intelligence & Leverage) Goal: Outthink the crowd using curiosity and initiative.	 STAY FREE (Resilience & Options) Goal: Build stability that doesn't depend on fragile systems.	 STAY STRONG (Energy & Focus) Goal: Build the biological foundation for agency.
1. THE NOISE AUDIT Where am I passively consuming or letting others decide? (Deomscrolling, waiting for permission, etc.)	My Current Default _____ _____ _____ _____	My Current Default _____ _____ _____ _____	My Current Default _____ _____ _____ _____
2. THE AGENCY SHIFT What is ONE high-leverage action I will take to gain an advantage? (Using AI as partner, learning financial realism, etc.)	My High-Signal Action _____ _____ _____ _____	My High-Signal Action _____ _____ _____ _____	My High-Signal Action _____ _____ _____ _____
3. THE REALITY CHECK What is the simplest first step to prove I am serious THIS WEEK? (What will you ship or change today?)	My Next 7 Days: I will: _____ _____ By (Day/Time): _____ _____	My Next 7 Days: I will: _____ _____ By (Day/Time): _____ _____	My Next 7 Days: I will: _____ _____ By (Day/Time): _____ _____

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