PATREON PREMIUM GUIDE · FAITH-FORWARD

14 TECHNIQUES FAITHFUL PEOPLE ACTUALLY USE

Doers of the Word. Tools under wisdom. Pick one. Use it today.

Rick Piña Coaching

Mentee guide · James 1:22 · YEAR OF DISCOVERY

Knowledge without practice is just accumulation. Be doers of the Word, and not hearers only.

JAMES 1:22 · FROM RICK

ALL 14 TECHNIQUES IN THIS BOOKLET

1. The 5-Second Rule
2. The Feynman Technique
3. The Eisenhower Matrix
4. The 2-Minute Rule
5. The Pomodoro Technique
6. Active Recall
7. The 1% Rule
8. Deep Work Blocks
9. The Pre-Mortem
10. Habit Stacking
11. The 80/20 Principle
12. The Two-List Strategy
13. Reflection Journal
14. Spaced Repetition

YEAR OF DISCOVERY · GREATER IS COMING

These tools serve the assignment. Prayer and wisdom still lead. Open the guide. Practice one today.

FROM RICK

Why I am sharing this

You do not need another list of techniques sitting unused.

James 1:22 calls us to be doers of the Word, not hearers only. The same spirit applies here. Knowledge without practice is just accumulation.

These 14 tools can help you steward time, focus, and learning. They are not a substitute for prayer, wisdom, or obedience. They are ways to move when God has already shown you what to do.

HOW TO USE THIS GUIDE

Do not try all 14 this week.
Pick one. Put it in your day. Then pick another.
Faith without works is dead. Planning without movement is the same drift.
Ask the Holy Spirit which technique fits the assignment in front of you. Then count the cost, start, and stay with it.

Pick ONE. Use it today. Tools serve the assignment. Prayer and wisdom still lead.

OPENER CHALLENGE

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The 5-Second Rule & The Feynman Technique

How-to steps on the left of each card. Faith application on the right. Practice, do not just collect.



01 · TECHNIQUE

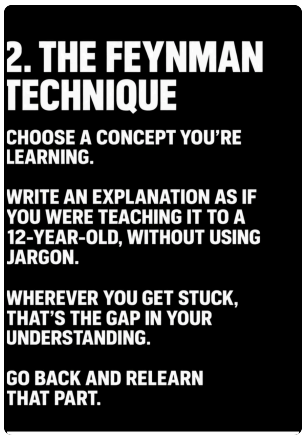
THE 5-SECOND RULE

HOW TO

- The moment you think of doing something productive, count 5-4-3-2-1 and physically move.
- It interrupts hesitation before doubt takes over.
- Use it to get out of bed, make that difficult call, or start a workout.

FAITH APPLICATION

- Delayed obedience is still disobedience in slow motion.
- When the Holy Spirit prompts a next step, move before the flesh talks you out of it.
- Count, stand up, dial, open the document, make the call.



02 · TECHNIQUE

THE FEYNMAN TECHNIQUE

HOW TO

- Choose a concept you are learning.
- Write an explanation as if teaching a 12-year-old, without jargon.
- Where you get stuck is the gap. Go back and relearn that part.

FAITH APPLICATION

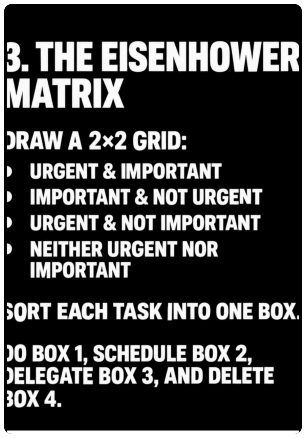
- If you cannot teach it simply, you do not own it yet.
- Kingdom truth should be transferable. Can you explain the principle to someone you mentor?
- Gaps are grace invitations to study again, not shame.

Practice before you pile on more technique. Application beats accumulation.

DOER OF THE WORD

The Eisenhower Matrix & The 2-Minute Rule

How-to steps on the left of each card. Faith application on the right. Practice, do not just collect.



03 · TECHNIQUE

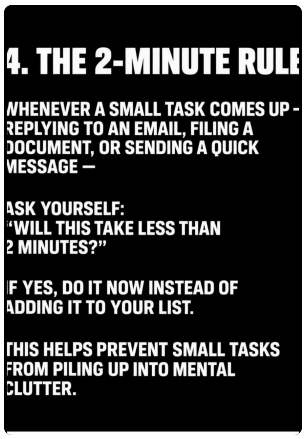
THE EISENHOWER MATRIX

HOW TO

- Draw a 2x2: Urgent and Important / Important not Urgent / Urgent not Important / Neither.
- Sort each task into one box.
- Do box 1, schedule box 2, delegate box 3, delete box 4.

FAITH APPLICATION

- Not everything urgent is from God.
- Protect important-not-urgent: prayer, Word, family, deep work on the assignment.
- Delete or delay what only looks loud.



04 · TECHNIQUE

THE 2-MINUTE RULE

HOW TO

- When a small task comes up (email reply, filing, quick message), ask: will this take less than 2 minutes?
- If yes, do it now instead of adding it to your list.
- This prevents small tasks from becoming mental clutter.

FAITH APPLICATION

- Steward the small things so they do not steal attention from the big assignment.
- Quick obedience on tiny follow-throughs keeps your mind clear for prayer and focus.

Practice before you pile on more technique. Application beats accumulation.
DOER OF THE WORD

The Pomodoro Technique & Active Recall

How-to steps on the left of each card. Faith application on the right. Practice, do not just collect.



05 · TECHNIQUE

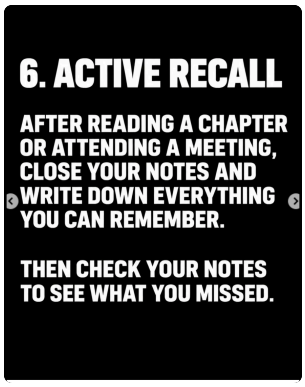
THE POMODORO TECHNIQUE

HOW TO

- Set a timer for 25 minutes. One task. Phone out of reach.
- Take a 5-minute break: walk, stretch, hydrate.
- After 4 cycles, take a longer 20 to 30 minute break.

FAITH APPLICATION

- Your body is part of your stewardship.
- Focused sprints honor the work. Rest is not laziness when it is built in on purpose.



06 · TECHNIQUE

ACTIVE RECALL

HOW TO

- After reading a chapter or attending a meeting, close your notes and write what you remember.
- Check your notes for what you missed.

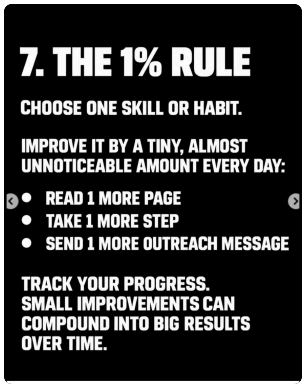
FAITH APPLICATION

- Hearing a sermon or mentoring call is not the same as retaining it.
- Close the notes. Write what God highlighted. Then compare. Practice being a doer who remembers.

Practice before you pile on more technique. Application beats accumulation.
DOER OF THE WORD

The 1% Rule & Deep Work Blocks

How-to steps on the left of each card. Faith application on the right. Practice, do not just collect.



07 · TECHNIQUE

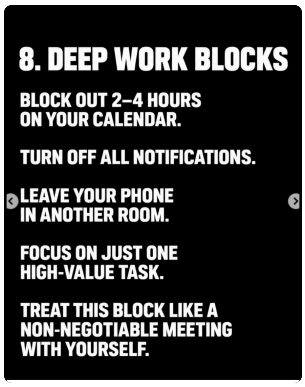
THE 1% RULE

HOW TO

- Choose one skill or habit.
- Improve by a tiny amount daily: one more page, one more step, one more outreach message.
- Track progress. Small improvements compound.

FAITH APPLICATION

- Faithfulness in little precedes faithfulness in much.
- Do not despise small daily obedience. Compounding is how character and craft grow.



08 · TECHNIQUE

DEEP WORK BLOCKS

HOW TO

- Block 2 to 4 hours on your calendar.
- Notifications off. Phone in another room. One high-value task.
- Treat it like a non-negotiable meeting with yourself.

FAITH APPLICATION

- Deep work is how you honor the assignment God already gave you.
- Guard the block the way you would guard a meeting you will not cancel.

Practice before you pile on more technique. Application beats accumulation.
DOER OF THE WORD

The Pre-Mortem & Habit Stacking

How-to steps on the left of each card. Faith application on the right. Practice, do not just collect.



09 · TECHNIQUE

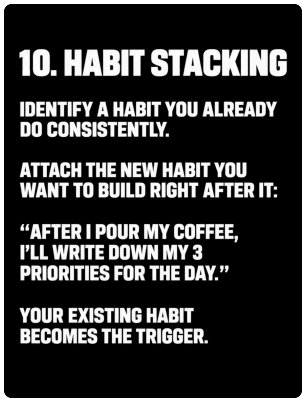
THE PRE-MORTEM

HOW TO

- Before launching a project, ask: imagine it is 6 months from now and this failed. Why?
- List every reason. Build safeguards before problems happen.

FAITH APPLICATION

- Wisdom counts the cost. Look ahead without fear.
- Pre-mortem is humility. Pride pretends nothing can go wrong. Wisdom plans safeguards and still trusts God.



10 · TECHNIQUE

HABIT STACKING

HOW TO

- Identify a habit you already do consistently.
- Attach the new habit right after it.
- Example: after I pour my coffee, I write my 3 priorities for the day.
- Your existing habit becomes the trigger.

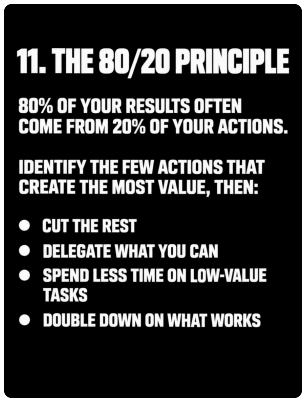
FAITH APPLICATION

- Stack spiritual and practical triggers: after I pray, I open the priority list. After I read Scripture, I send the one hard message.
- Build on what already stands.

Practice before you pile on more technique. Application beats accumulation.
DOER OF THE WORD

The 80/20 Principle & The Two-List Strategy

How-to steps on the left of each card. Faith application on the right. Practice, do not just collect.



11 · TECHNIQUE

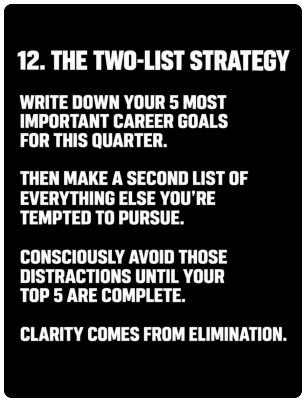
THE 80/20 PRINCIPLE

HOW TO

- 80% of results often come from 20% of actions.
- Identify the few high-value actions.
- Cut the rest, delegate what you can, spend less on low-value, double down on what works.

FAITH APPLICATION

- Steward energy toward the works God prepared: the vital few.
- Busyness is not the same as fruitfulness.



12 · TECHNIQUE

THE TWO-LIST STRATEGY

HOW TO

- Write your 5 most important career goals for this quarter.
- Second list: everything else you are tempted to pursue.
- Consciously avoid those distractions until the top 5 are complete.
- Clarity comes from elimination.

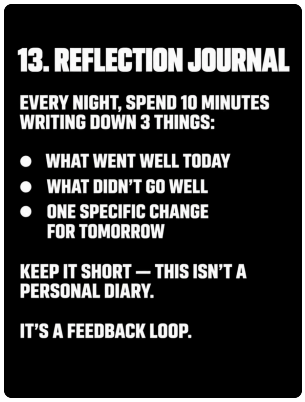
FAITH APPLICATION

- Focus is a form of faithfulness.
- Not every open door is your assignment this quarter. Eliminate until the main things stay main.

Practice before you pile on more technique. Application beats accumulation.
DOER OF THE WORD

Reflection Journal & Spaced Repetition

How-to steps on the left of each card. Faith application on the right. Practice, do not just collect.



13 · TECHNIQUE

REFLECTION JOURNAL

HOW TO

- Every night, 10 minutes, three lines: what went well, what did not, one specific change for tomorrow.
- Keep it short. Not a diary. A feedback loop.

FAITH APPLICATION

- End the day with examination under grace, not condemnation.
- Celebrate fruit. Confess drift. Choose one change. Tomorrow is mercy.



14 · TECHNIQUE

SPACED REPETITION

HOW TO

- After learning something new, review after 1 day, then 3, 7, and 14 days.
- Use flashcards or revisit notes on that schedule.

FAITH APPLICATION

- Meditate on the Word day and night is a spaced pattern, not a one-time download.
- Return to what God showed you until it sticks in practice.

Practice before you pile on more technique. Application beats accumulation.
DOER OF THE WORD

CLOSE

Accumulation or application

Two people can see the same list. One never practices. One keeps learning by doing.

Your choice: accumulation or application.

Pick one technique. Use it today. Then come back for the next.
CLOSE CHALLENGE

I love you. This is the YEAR OF DISCOVERY.
GREATER IS COMING

PRACTICE WORKSHEET

Lock one technique this week

WRITE IT DOWN

- Technique I will practice this week: _____
- When I will use it (time and trigger): _____
- What obedience looks like if the Spirit prompts: _____
- What I will delete or delay so this fits: _____
- Who I will teach it to simply (Feynman check): _____

COACHING & MENTORSHIP

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