

A top-down view of a clean, white desk. On the left, a portion of a silver laptop is visible. Two silver pens lie on the desk: one vertically and one horizontally. A coiled, braided black and silver cable is in the upper center. In the upper right, a silver mesh pencil holder contains several pencils. A faint, light gray heart shape with a baseball stitching pattern is overlaid on the left side of the desk.

INSIDE OUT OS

The Personal Leadership
Framework That Powers
Your Success

Stacie Mahoe

Part 1 — INTRODUCTION:

1.1 — What Is the Inside Out OS?

1.2 — Why Tools Alone Don't Work

Part I Wrap Up

Part 2 — The Personal Premise Framework

2.1 — What's Driving Your System?

2.2 — G.R.O.W. Work: A Framework for Upgrading Your Personal Premise

Part 2 Wrap Up

Part 3 — Active Personal Leadership

3.1 — What it is (and Why it's Different)

3.2 — Why It's a Superpower

Part 3 Wrap Up



Part 4 — Journals as Inside Out OS Tools

4.1 — Your Journal = Your Debugging Tool

4.2 — How to Use Journals as System Upgrades

Part 4 Wrap Up

Part 5 — Your OS Upgrade Path

5.1 — Choose Your OS Upgrade Tools

5.2 — Keep Upgrading

Final Thoughts

Part 1 — INTRODUCTION:

Why you're here ...

Well, first the title intrigued you :D

Or maybe you saw a blog post or email or social media post about this concept and you wanted to learn more.

Whatever the case may be, at the core ...

- You know Excellence is nourished from the inside out. And you want to know how to systematically strengthen that, not just “hope” that all the personal growth you do just magically comes together for you at some point.
- Maybe you're learning lots, but still not progressing the way you thought you would ... don't worry, the strategies and tools you're using aren't broken and neither are you — but your system needs an upgrade ;)
- Maybe you're sick and tired of all the quick fix tactics saturating the world around you and want to build success that lasts instead.
- You know The Inner Work always precedes the outside results and you're down to do more of it, in a way that makes sense and opens the doors for exponential results.

This book is the system check you've been looking for.

1.1 — What Is the Inside Out OS?

What is the Inside Out OS?

Your **Inside Out OS** is your personal leadership system — the internal operating system that powers how you think, choose, lead, show up, and live.

It's not some fancy set of habits or routines. It goes deeper than that. It includes the *beliefs, patterns, and perspectives* running in the background of your daily life — often invisible, but always in play.

Just like the operating system on your phone, your Inside Out OS shapes:

- What runs smoothly and what crashes under pressure
- How fast you adapt when external inputs, variables, or circumstances change
- What kinds of tools or strategies are even compatible with your current system
- How much energy you waste running outdated code you didn't even realize was still there much less still running

The truth is, you already have an Inside Out OS.

The question is: **Was yours built with intention? Or is it running by default?**

What does your Inside Out OS do?

Your Inside Out OS drives the *how* behind your results.

You can set goals. You can dream big. You can make vision boards. You can plan your season. You can write out affirmations. You can chase success.

But if your inner system is running fear-based code, doubt-ridden scripts, or survival-mode responses, you'll:

- Burn yourself out doing a bunch of things that aren't even yours to do
- Sabotage your own goals
- Slooowww your progress wayyyy down
- Find yourself wondering why nothing's "working" — even though you're trying really hard
- Get discouraged wondering how you can possibly put forth more effort to achieve bigger goals when your plate is so full it's already bursting at the seams. Especially when plates don't even have seams! 😭

Thankfully, a strong Inside Out OS changes that. And some of it can change *very* fast!

When I started my system upgrade, my time, even as a (*formerly*) busy sports mom of a big family stopped feeling so busy and overwhelming within a matter of a week. I couldn't believe how much my relationship with time changed nor how freed up I felt to be present with what truly mattered vs running around putting fires out all day or filling my time with ways to escape the stress and busy-ness. I had been running on a system that was so inefficient it was ridiculous (*in hindsight*). At the same time, I know that I likely needed to get to that point before I took a leap into making the changes that really needed to be made.

All that to say ... when you upgrade your operating system you upgrade your:

- **Understanding** about what's really driving your actions (and your "failures")
- **Stability** and reliability in high-pressure situations
- **Alignment** between your values, your energy, and your outcomes
- **Efficiency** due to aforementioned alignment

- **Resilience** when things get hard because when you know you're on the right track it's easier to stay committed to that track, no matter what obstacles show up
 - **Confidence** that's earned through trusting **your** process, not just your outcomes
-

How does it work?

The Inside Out OS runs both behind the scenes and in the practical daily application of your **personal leadership**. In other words, how you show up for and lead **yourself**.

A system that runs well doesn't react — it responds. It doesn't wait for things to fall apart — it proactively checks in, recalibrates, and upgrades in real time.

It doesn't dwell on judgement or frustration when things don't go well, it gets curious about the situation.

It stays up to date *from the inside out* by asking better questions like:

- What's really driving this decision?
- What story am I telling myself right now?
- Is this response aligned with who I say I am and where I want to go?
- Is who I say I am accurate or helpful given where I want to go and what I want to do and how I want to show up?
- What truth do I need to return to?
- What components of my system need to be updated so I can move forward in **peace** and **purpose**?

You don't have to be perfect to lead yourself well. You **do** need to be *willing* to repeatedly look under the hood, shift what's outdated, show up with intention, and possibly surrender that which you have no direct control over.

That's what this book walks you through.

Because when your OS is running well, the rest follows. When you upgrade

the system, you elevate the level of your clarity, the momentum, excellence, leadership, and success.

1.2 — Why Tools Alone Don't Work

You've tried the planner.

You've bought the course.

You've watched the motivational video, printed the checklist, and downloaded the habit tracker.

Heck, maybe you even bought one of my journals. And maybe it worked — for a while.

Until it didn't.

And then came the questions:

"Why can't I stick with this?"

"What's wrong with me?"

"Why do I always fall off track?"

"Why doesn't this work for me?"

"I need something more, better, different."

Let me be clear:

It's not you.

It's your system.

Most people are stacking tools on a shaky OS.

We live in a world that throws "solutions" at symptoms —

More structure!

More habits!

More routines! More checklists! More training!

More information!

But none of it **sticks** if your *internal system* can't sustain it.

You don't need a better planner if your personal leadership is built on fear.
You don't need another strategy if your overwhelm overrides your success.
You don't need more "accountability" if your inner system still runs on doubt.

Tools don't fail.

They **do**, however, reflect the strength (*or weakness*) of the system they're running on.

Tools are only as effective as the OS using them.

When your Inside Out OS is built with clarity, intention, and alignment:

- Tools become multipliers, not crutches
- Habits stick — because they *make sense* in your context
- Strategies work — because they're *compatible* with your leadership
- Growth lasts — because it's coming from *inside you*, not from pressure or circumstances outside of you

You don't need *more* stuff.

You need *a system upgrade* that allows everything to work together for you much more efficiently and effectively — and that starts within.

Before you blame the tool, check the system.

Before you switch planners, bail on a program, or switch up your routine, or tear it all down and start from scratch again...

Pause.

Ask yourself:

What part of my internal system is glitching?

What belief is beating me down in the background?

*How would things change if I upgraded **that** first?*

Because once you upgrade the OS, even the *simplest tool* can create *serious momentum*.

And that's where we're heading next.

Part I Wrap Up

Reflect on this: If your personal leadership is an operating system, what "version" are you currently running? Is it aligned with who you want to be and how you want to lead?

DM Prompt: Shoot me a DM with one word that describes your current OS — curious to see what comes up for you.

facebook.com/coachstacie

instagram.com/coach_stacie

Part 2 — The Personal Premise Framework

The belief behind your system ... and the shift that changes everything.

2.1 — What's *Driving* Your System?

Every system is powered by something.

Your *Inside Out* OS isn't just running at random — it's being driven by a **core belief** you hold about yourself, your identity, or what's required of you in this world. That belief is what we call your **personal premise**.

It's not always loud.

It's not always obvious.

But it is always active.

And unless you pause long enough to see it, uncover it, identify it, name it — it will keep quietly running the show and driving your operating system for better or for worse.

Your Personal Premise = Your Internal Operating Instructions

It's like background code:

- Sometimes it says: *"I have to do everything right or I won't succeed."*
- Or: *"I can't afford to slow down or I'll fall behind."*
- Or: *"I don't know what to do."*
- Or: *"What if I'm not as good as everyone thinks I am?"*
- Or: *"This is a lot of pressure. What if I can't handle it? I don't want to let everyone down."*

Even if you say you believe something else, if your premise hasn't shifted, your system won't either.

This is why you can “know better” and still have a tough time doing better. It’s why you can know exactly what you need to do and still sabotage your progress.

It’s also why you can be successful *on paper* but still feel anxious, worried, stressed, or unfulfilled.

It’s why you can “do all the right things” — and still feel like you’re not actually going anywhere.

It’s not about effort or outcomes.

It’s about the **premise your system is built on.**

Real talk:

Most people won’t upgrade their personal premise. Most people barely even look at it. They just keep putting bandaids over on hoping to cover up faulty beliefs. As you can imagine, that doesn’t get them very far or work very well. Even if you have the pretty bandaids that look like stylin’ stickers.

Thankfully, you now have a chance to do things differently.

We’re going to walk through a simple 4-step process to help you:

- Uncover what your personal premise *really* is
- Question it with honesty and compassion
- Rewrite it with clarity and conviction
- Reinforce it through daily leadership and reflection

Ready?

Let’s go.

2.2 — G.R.O.W. Work: A Framework for Upgrading Your Personal Premise

This isn't foo-foo mindset fluff. This is inner system work.

Your **personal premise** is the silent command center running your choices, responses, and patterns.

The good news? It's not hardwired in there forever. You can **uncover it, question it, rewrite it, and reinforce it.**

The G.R.O.W. process helps you do that.

G – GATHER

Get honest about what's driving you.

Start with your biggest or most important goal.

Then ask:

- What are some reasons you believe you *can* achieve it?
- Now ask yourself, what “reasons” has your mind giving you about why you *can't*?
- What doubts keep coming up when you try to move toward that goal or get close to it?
- What are you afraid might be true about you that would make it impossible?

Don't rush this part.

Sometimes we don't see our premise because we've been avoiding it.

Let it rise — this is just data. Gather it so we can work with it.

R – REFLECT + REFRAME

Question the “default.”

Just because a belief has been with you for a long time doesn't mean it deserves to stay.

Ask:

- Is this really true? Or is it just familiar?
- Even if there was truth to it before, does it still need to stay true now?
- What if this belief is outdated — a version I inherited, not one I chose?
- Has anyone I trust actually judged me the way I judge myself?
- Am I judging myself more harshly in this than I would anyone else?
- If someone else were struggling with this, what would I hope they knew?
- What would shift if this belief were rewritten?

This is where you turn the tables.

Throw the doubt back at itself.

If doubt starts questioning you, question it right back! Turn doubt onto any unhelpful beliefs you uncover. Doubt those instead of doubting yourself, your journey, your goals, or your capability. Let new truths rise to the surface.

O – OWN THE SHIFT

Write a new premise.

Craft a statement that aligns with truth, not fear.

Examples:

- “I don't have to do more to be enough. I lead best when I'm rooted in who I am.”

- “Success doesn’t require burnout. I lead with clarity and peace.”
- “I was created for impact — and I don’t have to prove my worth to walk in purpose.”

Let it be short. Strong. Yours.

Write it. Speak it. Return to it when doubt creeps in.

If you find that a bit too challenging to do, you can write questions instead of statements. Sometimes those are easier for your mind to work with while you’re building new beliefs.

Examples:

- “What if my daily efforts truly can add up to something big over time?”
- “What if success doesn’t require burnout? What if I can lead with clarity and peace instead of stress and worry?”
- “What if my purpose is bigger than I can imagine and my impact is inevitable because of that?”

Write up questions that make sense to you and open the door to different answers for your mind to find and hold on to.

Any time you notice an unhelpful personal premise pop up, run it through this G.R.O.W. work process. It may not even be related to sports performance, coaching, or business. This process can help you shift and elevate in various areas of life. I highly encourage you to run with it because the more you elevate as a whole human, the more confidence you’ll have and the more powerful your presence and your impact will be in your home, in your community, and in our world 🤝

W – WALK IT OUT

Reinforce it through daily leadership.

Awareness is just the start.

To install the new premise, you need **repetition + reflection**.

This is where your journal becomes a key tool:

- Use prompts to reconnect with your truth
- Reflect on situations where the old premise tried to sneak back in
- Notice when you led yourself differently — and *celebrate it*
- When new beliefs come through as statements you can fully get behind, write them down to anchor them in
- When the old premise tries to sneak its way back in, don't beat yourself up. That's normal. It may not just give up and die. Return to your questions or your rewritten premise from the G.R.O.W. work you did above.

Let yourself update those as things begin to shift. You'll notice they change and become stronger, more supportive, more certain over time :)

Be patient with yourself in this process. Some shifts lock in right away. Others can take some time. You're not just rewriting the code — you're *retraining the system*.

Reminder: You'll return to this again and again.

This isn't one-and-done work.

Your system will evolve. Life will test you.

You'll outgrow the current version of your OS — and that's not a flaw. It's not even a "feature." It's actually a benefit!

Come back to this framework as often as you need to. The more honest you are, the more aligned your premise becomes. And the stronger your premise, the more powerful your system, the more successful your results.

Next up: how to actually walk that leadership out — every day, in real life.

Part 2 Wrap Up

Mini Mission: Write down your biggest personal or leadership goal. Then ask: What do I believe about myself when I picture that goal happening? What do I believe when I picture it not happening? What's the hidden premise underneath those thoughts?

DM Prompt: Message me one insight you had about your personal premise. I read every message — and I'd love to hear what came up for you.

facebook.com/coachstacie

instagram.com/coach_stacie

Part 3 — Active Personal Leadership

Because leading yourself well isn't passive.

3.1 — What it is (and Why it's Different)

There's a big difference between *knowing better* and *leading better*.

Active Personal Leadership is the intentional practice of bringing your thoughts, choices, and energy into a place of alignment — *in real time*. It is keeping your system up to date, it's protecting it from attacks, it's "clearing out the cache" so that it runs as optimally as possible on an ongoing basis!

Active Personal Leadership not about:

- Hustle
- Hyper-productivity
- Forcing yourself to "push through"

Not is it just a matter of self-awareness.

Because awareness without ownership can still fall into misalignment.

Example: Self-Awareness vs. Self-Discovery

Self-awareness says,

"I know I get anxious when I'm under pressure."

Active Personal Leadership gets curious and contemplates...

"Why is that happening? Where is it coming from? What pattern is being triggered? What truth have I forgotten in this moment — and how can I shift into it?"

That's the difference between *noticing* and *navigating*.

Active Personal Leadership requires self-discovery:

An ongoing practice of paying attention, asking better questions, experimenting, and evolving.

It's less about controlling every thought —

and more about staying present enough to observe your thoughts, beliefs, and behaviors, then leading yourself through them with intention.

You are not just the *user* of your OS.

You are the lead engineer.

Real talk:

You can be wildly capable, deeply called, and still feel stuck —

not because you're broken, but because you haven't been taught how to *lead yourself* from a place of alignment.

This *Active Personal Leadership* upgrade that changes that.

3.2 — Why It's a Superpower

When you lead yourself well, *everything* changes — not just what you do or how you do it, but how you *feel* while doing it.

Active Personal Leadership gives you:

- **Clarity** — in your next steps and your direction
- **Consistency** — rooted in values, not just motivation
- **Emotional stability** — because you trust yourself to stay grounded
- **Resilience** — because you've trained your system to bounce back
- **Real alignment** — the kind that feels peaceful and powerful at the same time
- **Fulfillment** — that comes from trusting *your* process and all that flows from the alignment it brings

It helps you show up whole and in flow — in leadership, in business, in family, in competition, in life.

This Inside Out OS is your inner strength system. And the best part? You can *build* it.

In the next section, I'll show you how one of the simplest tools — your **journal** — becomes one of the most powerful system upgrade practices you have.

Part 3 Wrap Up

Mini Mission: Take one thought of doubt or fear and flip the script. Ask: Is this 100% true? What's another possibility? Then write a new premise — one that aligns with truth, not fear.

DM Prompt: Tell me the premise you're replacing — and what you're upgrading to instead. Want some encouragement or feedback? Just say so.

facebook.com/coachstacie

instagram.com/coach_stacie



Part 4 — Journals as Inside Out OS Tools

Where your system gets updated, debugged, and aligned.

4.1 — Your Journal = Your Debugging Tool

If your Inside Out OS is your internal command center, then your **journal** is your daily leadership lab.

It's not just a place to vent.

It's where you:

- Examine the code
- Notice system glitches
- Re-align your responses
- Reinforce your personal premise
- Reconnect with what matters most

When used intentionally, journaling becomes a high-leverage practice — small investment, massive return.

You don't need hours upon hours.

You don't need the perfect pen.

You just need the willingness to lead yourself from the inside out.

These journals aren't for performance tracking.

They're for personal OS hacking.

Every prompt, every question, every reflection is a tool designed to:

- Unearth what's running beneath the surface
- Name and rewire beliefs/code that no longer serve you
- Restore flow (*alignment, clarity, purpose, and inner peace*)
- Strengthen the relationship you have with *yourself* as a leader

Your journal becomes a mirror, a guide, and a reset button — all in one.

4.2 — How to Use Journals as System Upgrades

You don't have to journal for hours a day.

You don't have to write pages and pages of deep thoughts. You can, but it's not required.

Because when you use your journal as an OS upgrade tool — everything shifts.

Here's how:

Daily Check-ins

Keep your system clean and clear.

Short, honest reflection helps you lead yourself with peace and perspective — even on the messy days.

Weekly Reviews

Track patterns, growth, and triggers.

See what's working and where you're being called to lead differently.

Intentional Prompts

Don't just write to release — write to **rewire**.

Use questions that activate clarity, challenge false narratives, and reconnect you to your premise.

Re-alignment Practices

Come back to your journal when things feel off.

This is your active personal leadership practice — your *inside* practice — and it gets upgraded every time you use it.

**Your journal isn't extra.
It's essential.**

And if you're using any of the journals I've created — like *Think Like a Champ*, *Stack Your Wins*, or *Get in the Zone with Gratitude* — now you know why they're designed the way they are. Simple, but powerful.

They're not just for “enhancing performance.” They're for **upgrading the system** that produces your results.

Use them to intentionally build and develop your Inside Out OS. So that it's no longer running a “default” or outdated version, but rather serving as the *inner **strength** system* it's designed to be.

Part 4 Wrap Up

Mini Mission: Choose one day this week to journal for 5–10 minutes. Don't overthink it. Use this prompt: “Today, I choose to lead myself by...” Notice how that feels.

DM Prompt: Let me know how your first day of “active personal leadership” journaling goes. I'll celebrate it with you.

facebook.com/coachstacie

instagram.com/coach_stacie

Part 5 — Your OS Upgrade Path

Knowledge is the spark. Alignment is the goal. Tools are the bridge.

By now, you know:

- You already have an Inside Out OS — whether or not you built it intentionally.
- Your personal premise drives everything your system does (or doesn't do).
- Active Personal Leadership is the daily practice that keeps you aligned.
- Your journal is one of the most powerful tools for upgrading your system in real time.

So now the question is...

What do you need to upgrade right now?

5.1 — Choose Your OS Upgrade Tools

Your next upgrade starts wherever your system needs support most.

Here are a few ways you can keep this work going with tools I've created for exactly this kind of growth:

Journals for Athletes

These aren't about performance metrics or KPIs

They're about building the *internal* systems that fuel confidence, resilience, and excellence.

- **Think Like a Champ Journal**

Build mental toughness, emotional regulation, and personal reflection into your athlete's daily rhythm. Dive into not just self awareness, but self discovery.

staciemahoe.com/champ.html

- **Stack Your Wins Journal**

Set daily goals, generate personal momentum, and train your brain to track progress, own your growth, and lead yourself well through adversity.

stackyourwins.com

- **Get in the Zone with Gratitude Journal**

Anchor your excellence in gratitude, presence, and peace — not in external pressure to be what others want you to be.

[Get in the Zone with Gratitude](#)

Elite Performance Bundle (Digital)

Want simple digital tools to tackle mental toughness, goals, and both personal and team reflection?

This digital bundle is a great jump-start for coaches and athletes who want a focused start to their system upgrade.

staciemahoe.gumroad.com/l/bundle

For Coaches & Leaders

Your leadership of others is only as strong as your leadership of self.

- [FastpitchFam.com](#) — Coaching resources designed to grow leaders from the inside out
- [Strategic Stillness](#) — Tools for whole-family growth and leadership

Want guidance on where to start?

[Reach out anytime](#). I'm here to help.

5.2 — Keep Upgrading

You're not behind.

You're not broken.

You're just ready for a better version of what's already inside you.

That's what this OS is for.

And the beautiful part?

You don't have to do it alone.

But you *do* get to lead the way.

Part 5 Wrap Up

Mini Mission: Pick one area of your life where things feel off — team culture, communication, confidence, energy — and ask, “What system might be outdated here?” Write one action you can take this week to shift it.

DM Prompt: Message me the area you're upgrading right now. I've probably been there — and I might have a journal, resource, or word of encouragement for you.

facebook.com/coachstacie

instagram.com/coach_stacie

Final Thoughts

You've done something powerful here.

Most people never stop long enough to look beneath the surface.

They're too caught up in the pressure of producing external results (*or the*

frustration of not getting them). So they keep chasing better outcomes with the same . broken . system.

But not you.

You chose to pause.

You chose awareness.

You chose growth.

You chose to lead ***yourself*** well — from the inside out.

You don't need to become someone you're not.

You just need to align more deeply with who you *already are*.

This is the work that makes every other effort more effective. This is the kind of leadership that transforms not just your outcomes, but your experience in the journey.

And the best part? You're not doing it alone.

Whether you're an athlete, a coach, a parent, or a leader in any space — I'm here for the next steps with you.

Want more?

Check out more resources, tools, and support at:

staciemahoe.com

Come explore, upgrade, and grow —
because when your internal system is strong,
everything else runs better.