

# Turn Envy Into Fuel

No Signup. No Paywall.  
Just a Free, Practical Framework.

Use this every time someone's win  
triggers you.



# Most People Waste Their Envy.

**Smart People Turn It Into Fuel.**

When you see someone win  
A promotion, spotlight, or breakthrough  
what's your **first thought?**

- “Why them?”
- “They had help.”
- “Must be luck.”

It's not about them.

**It's about your unmet desire.**



# Envy $\neq$ Weakness

**Envy is raw data.**

**If you decode it, it becomes a  
blueprint for growth.**



# IntuiWell's ADMIRE™ Framework

**A free giveaway to help you:**

- Decode your envy
- Channel it into action
- Grow with clarity

No email. No paywall.

No fluff.

**Just value.**



**A:**

# **Acknowledge the Trigger**

**Be specific about when envy hit.**

“I felt it when Alok shared his startup acquisition story.”

If someone’s win irritates you more than it should, that’s envy in disguise.



**D:**

# **Decode What You Admire**

**It's not just "success." It's what it represents.**

**Ask:** What quality do I believe they had?

Examples:

- Luck
- Network
- Confidence
- Discipline
- Visibility



# M:

## Map It to a Skill

**Convert envy into a buildable skill:**

- **Luck** → Publish weekly, DM 5 people
- **Network** → Host a monthly meetup
- **Confidence** → Record 60-sec daily videos
- **Discipline** → Track 1 habit for 30 days
- **Visibility** → Share 1 clear idea per week



**I:**

# **Initiate Micro-Actions**

**Consistency > Intensity.**

Choose one action that takes  
**<15 minutes a day.**

Start where you are.



# R:

## Reflect Weekly

### From Envy to Evolution

Every Sunday, ask:

“What insecurity did I convert into progress this week?”



**E:**

# **Expand with Grace**

## **Transform Envy into Legacy**

Once you gain what you once envied,  
pass it on.

**Mentor.**

**Support.**

**Share what worked.**



**You Can Scroll and Sulk.  
Or You Can Study and Build.**

Envy is not your enemy.  
It's **unprocessed ambition.**

The choice isn't easy.  
But it's always yours.



# Use the ADMIRE™ Framework – For Free

**Just one powerful idea from  
someone who's walked the path.**

No email capture

No paywalls

No fluff

If this **helped you or made a difference  
for someone**, give us a shoutout.

It fuels us to share more for free, for the  
greater good.



If you're navigating personal or professional challenges and need practical tools (not just talk) to overcome them:

DM me

or

Book a free discovery call

with

**IntuiWell – Wellness, Perfected For You.**

**where self-awareness meets actionable growth.**





Wellness, Perfected For You