

PILOT EDITION

Pilot User Guide

Your step-by-step path from your first Performance Scan to daily use.

BETA100

Use this code to unlock the full ThriveOS Blueprint at **no cost** during the pilot.

Open or share this guide anytime: thethriveos.com/thriveos-pilot-guide.pdf

Welcome & what to expect

About 15 minutes to get fully set up

Welcome to The ThriveOS pilot. The ThriveOS is a personalized, self-directed platform that helps you strengthen your human capabilities, build better habits, and operate at a higher level.

Here's the path this guide walks you through, start to finish:

- 1 Take your free Performance Scan (~10 minutes).
- 2 See your results and your biggest opportunity.
- 3 Create a free account to save everything (no credit card).
- 4 Set a goal, activate your plan, and use your dashboard daily.
- 5 Optionally go deeper with the Blueprint using your pilot code.

TIP Set aside a quiet 15 minutes for the scan and setup. After that, daily use takes just a few minutes.

02

Take your Performance Scan

~10 minutes · 18 questions

Open the scan and answer 18 short statements on a 1–5 scale (Strongly disagree → Strongly agree). The questions are mixed across six dimensions, and there are no wrong answers.

- 1 Go to **<https://thethriveos.com/assessment>** (or tap the link in your invite).
- 2 Read each statement and pick the number that feels most true for you.
- 3 Move through all six short steps — the progress bar fills as you go.

The screenshot shows a web browser window with the URL `thethriveos.com/assessment`. The page title is "PERFORMANCE SCAN" and it indicates "Step 1 / 6". The statement being evaluated is "I consistently do what I said I would do, even when motivation drops." Below the statement is a horizontal scale with five numbered circles: 1, 2, 3, 4, and 5. The circle with the number 4 is filled with a teal color, while the others are white with teal outlines. Below the scale, the text "Strongly disagree" is on the left and "Strongly agree" is on the right.

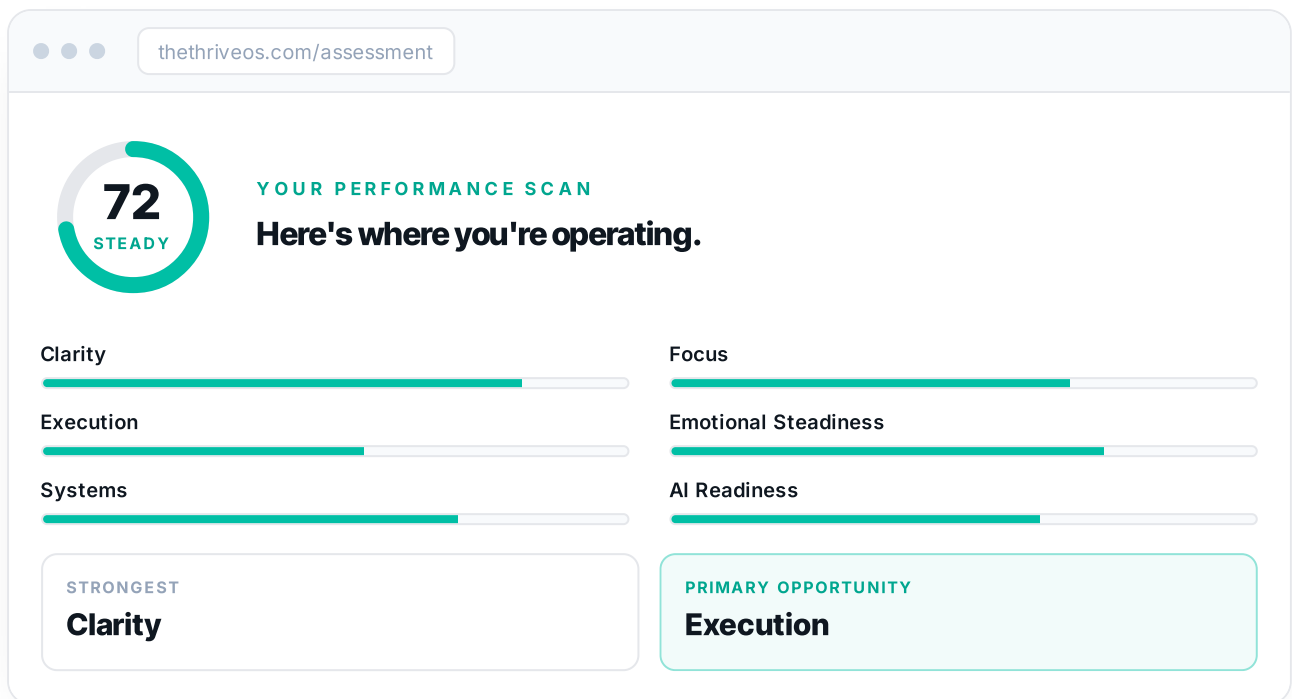
TIP Answer honestly and on instinct. The scan is most useful when it reflects how things really are, not how you wish they were.

03

See your results

~2 minutes to read

The moment you finish, you'll see your results: an overall score out of 100, a bar for each of the six dimensions, your **strongest dimension**, your **primary opportunity**, and a short personalized recommendation.



TIP Your lowest dimension isn't a failing — it's your biggest opportunity, the place where a little improvement creates the most change.

04

Create your free account

~30 seconds

To save your results and unlock your plan, create a free account. It's one click and no credit card is required.

- 1 On your results screen, select **"Create your free account to save results & start."**
- 2 Sign in with one Google click.
- 3 Your results are bound to your account automatically.

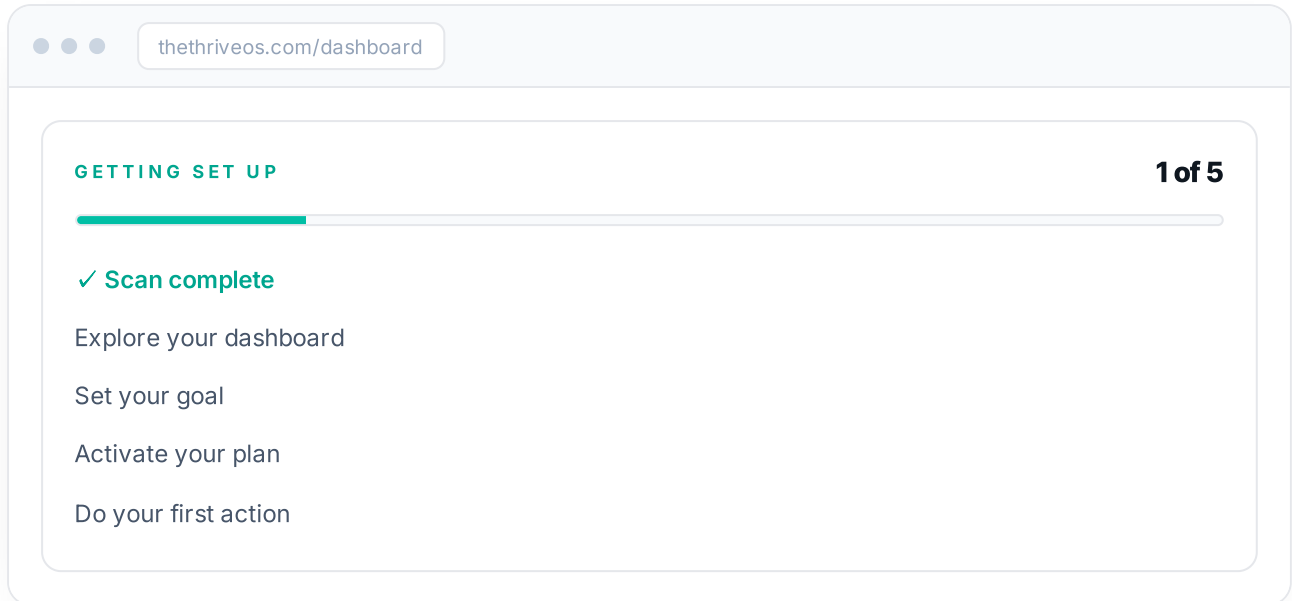
TIP Use the email you check regularly — that's where your weekly reflection and monthly recap will arrive.

05

Land on your dashboard

~3 minutes

After signing in you'll land on your personal dashboard. A short "getting set up" tracker shows your next steps as **X of 5** and guides you until you're all set.



TIP Follow the tracker top to bottom. It ends at "you're all set" — that's your cue that the essentials are done.

06

Set your goal and activate your plan

~3 minutes

Choose the goal that matters most to you right now, then turn your scan results into an active plan built around it.

- 1 Pick a goal area — advance your career, improve your health, strengthen relationships, build financial security, or develop personally.
 - 2 Add a short outcome and a target date (a 30-day horizon works well).
 - 3 Activate your plan — your dashboard switches to your plan view.
-

TIP Choose one realistic goal to start. You can always add or adjust goals later as you build momentum.

07

Use it daily, weekly, monthly

A few minutes a day

The ThriveOS is built for rhythm, not cramming. Here's the cadence:

EVERY DAY

Do your daily action and a quick habit check-in.

EVERY WEEK

Read your reflection email and plan the week ahead.

EVERY MONTH

Review your progress recap and refine your plan.

TIP Keep daily reminders turned on. A gentle nudge is the difference between a good week and a lost one.

08

Go deeper with the Blueprint (optional)

Optional

When you're ready to go further, the ThriveOS Blueprint is a structured, self-directed program that builds the capabilities behind your scan — mindfulness & self-awareness, emotional intelligence, personal effectiveness, and AI-powered performance.

During the pilot, you can join at no cost:

BETA100

Use this code to unlock the full ThriveOS Blueprint at **no cost** during the pilot.

- 1 Open the Blueprint at **thethriveos.com/blueprint** (or the link on your scan results).
- 2 Start checkout and find the promo / access code field.
- 3 Enter **BETA100** and apply it — your total becomes **\$0.00**.
- 4 Confirm to unlock all modules and your AI coaches.

The screenshot shows a web browser window with the address bar displaying "thethriveos.com/blueprint". The page content includes the heading "UNLOCK THE BLUEPRINT" and a section labeled "ACCESS CODE". Below this, a text input field contains the code "BETA100", and a dark "Apply" button is to its right. At the bottom of the form, a summary row shows "Total today" on the left and "\$0.00" on the right.

TIP The Blueprint is an optional next step, not a requirement. Explore it when it feels useful — there's no pressure during the pilot.

09

Share your feedback

Anytime

Your experience shapes The ThriveOS. Tell us what worked, what didn't, and anything that confused you — the small stuff matters.

[Share pilot feedback →](#)

Opens a pre-addressed email to ron.rose@thethriveos.com.

TIP Even one sentence helps. The best feedback is specific: which step, what you expected, and what actually happened.

Is the scan really free?

Yes. The Performance Scan is completely free, with no catch.

Do I need a credit card?

No. Creating your account and using your dashboard never requires a credit card.

What does BETA100 do?

It unlocks the full ThriveOS Blueprint at no cost during the pilot. Enter it in the access-code field at Blueprint checkout.

How long does the scan take?

Under about 10 minutes — 18 short statements on a 1–5 scale.

How do I get back to my dashboard?

Sign in anytime at thethriveos.com and you'll land right on your dashboard.

Are my answers private?

Your results are tied to your account and used to personalize your plan. Answer honestly for the most useful guidance.

The ThriveOS

You're all set. Welcome aboard.

Thanks for being part of the pilot. Take the scan, set one goal, and let the daily rhythm do the rest — small moves, repeated, become real change.

BETA100

Unlocks the Blueprint at no cost during the pilot.

Share pilot feedback →

HUMAN EFFECTIVENESS IN THE AI AGE.