

IN-SITU HEALTH AND FITNESS



**BECOME
THE
ULTIMATE
HIGH
ACHIEVER**

9 STRATEGIES TO BOOST
YOUR PERFORMANCE
WITHOUT WORKING
OVERTIME

Forget the hustle culture "*sleep when you are dead*" approach. We are here to show you how actually focusing on areas of your health will HELP you achieve more, be more and produce more.

We strongly believe that health is the basis for success in all areas of your life. If you optimize your health, you optimize your life.

As business owners, we also understand that the demands of your work and personal life can make it challenging to prioritize your own well-being. We've gathered *9 Strategies to Boost Your Performance Without Working Overtime*.

There's a common misconception among individuals seeking to become high achievers that success comes from simply working harder and longer. However, this mindset can often lead to disappointment and burnout. In reality, becoming a high achiever requires a holistic approach that includes caring for your body *and* mind.

Elon Musk, Bill Gates, Oprah Winfrey, Mark Zuckerberg, Tim Cook, Michelle Obama, and Richard Branson all publically highlight the vital role well-being plays in their professional performance.

By implementing the strategies in this ebook, you can boost your performance without sacrificing your well-being. Whether you're a business owner, entrepreneur, or student, these tips can help you reach your full potential and achieve your goals.

So, if you're ready to take your performance to the next level, let's dive in!

"The difference between ordinary and extraordinary is that little extra." - Jimmy Johnson

MAXIMIZE YOUR PRODUCTIVITY WITH 9 SIMPLE STRATEGIES



Sleep 7-8 hours

Time in bed doesn't equal time asleep. Establish a good pre-sleep routine.



Hydrate Well

Ensure urine is lightly coloured. Hydrate well pre-training and first thing in the morning.



Prioritise Protein

Ensure you hit your daily minimums for optimal hormone function and muscle mass.



Control Portions

Understand your portion guide concerning your goals.



Reduce Alcohol

Avoid binge drinking/frequent light drinking as much as possible. 0-3 drinks a week.



Sun Light

Get 10 minutes of morning sunlight, not through sunglasses and not through a window.



Grounding

10 minutes of grounding every day improves stress and recovery.



No Stimulants After 12pm

This includes coffee, tea, energy drinks, and cigarettes.



Resistance Training

Add resistance training, AKA strength training, to your weekly or daily routine.

1**SO YOU THINK YOU CAN FUNCTION OFF OF 5 HOURS OF SLEEP? THINK AGAIN.****THE IMPORTANCE OF SLEEP**

Sleep is essential for focus and performance because it allows our brains and bodies to recover and regenerate. During sleep, our brains process and consolidate information from the day, which is critical for memory retention, learning, and problem-solving. Adequate sleep also helps improve our mood, motivation, and overall cognitive functioning, including attention, creativity, and decision-making.

Without sufficient sleep, we may experience various adverse effects on our mental and physical well-being, including reduced focus, productivity, and performance. Chronic sleep deprivation can lead to a higher risk of developing physical and mental health problems, such as obesity, diabetes, heart disease, anxiety, and depression. Therefore, getting enough high-quality sleep is crucial for maintaining optimal focus and performance in our daily lives.

LONG-TERM HEALTH

Studies are beginning to show that the amount and quality of sleep you get over your lifetime can directly impact weight gain, your ability to lose weight, chances of heart disease, diabetes, early mortality and cognitive decline. Consistent hours of sleep are correlated with positive health outcomes.

7-9 HOURS

Where did the recommendation of 7-9 hours come from?

Seven to nine hours of sleep is considered optimal because it provides the body with enough time to go through all stages of the sleep cycle, including the essential deep and REM (rapid eye movement) sleep stages.

During deep sleep, the body performs essential restorative functions such as repairing tissue, synthesizing hormones, and boosting the immune system. Meanwhile, during REM sleep, the brain consolidates memories, processes emotions, and strengthens neural connections.



SLEEP DEBT

Let's say you have had a crazy week at work, and you really let your sleep schedule slip. But you aren't worried because you plan to catch up on your sleep over the weekend. Unfortunately, you can't "pay back" more than an *hour* of sleep debt!

Changing your sleep schedule by an hour or more within 24 hours causes what is known as social jetlag. I'm sure you have all experienced this before. You sleep in for two or so hours longer on a Sunday, and Monday feels almost like you have just flown in from an overseas trip!

An extra 20 minutes daily is far more beneficial than an additional 2 hours on a Sunday; our brains don't like uncertainty.

RESTLESSNESS

"I go to bed on time, but I struggle to fall asleep."

Sound familiar?

Here's how you can combat that late-night restlessness.

- Waking up and going to sleep at the same time every day is the most powerful thing you can do. Our bodies love to learn, so by giving them structure like this, they will learn when it's time to wind down for the night and when it's time to wake up in the morning. If your sleep schedule is all over the place, it can be challenging for your body to know what will happen next.
- If you don't have complete control over your wake and sleep times (i.e. shift work, kids), you can and should use light to tell your body it is time to wake up or get ready for sleep. E.g. Getting outside in the morning and limiting light exposure in the evening.
- Our brains don't like uncertainty. Having a sleep routine or ritual will help put your mind at ease and signal that it is time for bed. Just like how you may encourage your kids to have a bedtime routine, you should do the same!

Remember that the more tired we get, the harder it is to switch off. So don't fight it.



SLEEP CHECKLIST

MORNING	✓
Wake up at the same time each morning	
Wake up to a sunrise alarm clock (or the sunrise!)	
Get up when you wake up, no snooze	
Get 20 minutes of morning sunlight	
Move your body (walk or exercise)	
Have a cold shower	
Delay caffeine for 90 minutes	
AFTERNOON	✓
No caffeine within 8 hours of bed	
View afternoon sunlight	
EVENING	✓
Eat dinner 2+ hours before bed	
Avoid alcohol	
Take a hot shower	
Reduce overhead and bright light	
Wear blue light blocking glasses	
Do a brain dump	
Go to bed at the same time each night	

TOOLS: SUNRISE LAMP, SLEEP MASK, EARPLUGS



2

WITHOUT ADEQUATE WATER, YOUR IDEAS ARE ABOUT AS USEFUL AS A CHOCOLATE TEAPOT.

HYDRATE WELL

Water is essential for brain function and focus because the brain is made up of about 73% water, and even mild dehydration can affect cognitive performance.

Water is needed for the brain to produce neurotransmitters, which are chemicals that allow nerve cells in the brain to communicate with each other. Without enough water, the brain can't produce neurotransmitters as efficiently, which can result in symptoms such as fatigue, brain fog, and difficulty concentrating.

Dehydration can also lead to reduced blood volume and blood flow to the brain, further impairing cognitive function. When we become dehydrated, our blood becomes thicker, making reaching the brain and delivering oxygen and nutrients more difficult. This can result in symptoms such as headaches, dizziness, and confusion.

In addition, staying hydrated helps regulate body temperature, which is important for maintaining optimal cognitive function. The brain is susceptible to changes in body temperature, and even slight changes can affect cognitive performance.

HOW MUCH IS ENOUGH?

It depends...

Many factors affect our fluid needs. The oft-cited guideline of "Drink X glasses of water a day" isn't based on strong evidence. It's one of those things that gets repeated often enough to become "well-known". The science doesn't support a one-size-fits-all "drink rule".



Each person's individual fluid needs will depend on things like:

- **Sweating:** Obviously, this is an important part of exercise. Sweat a lot, and you'll need to replace more fluid (and electrolytes; see below).
- **Body size:** Smaller adults have a smaller volume and surface area. Thus, they lose relatively less fluid than larger adults via respiration and sweating. (However, children can become dehydrated quickly.)
- **Climate, humidity, and altitude:** Dry, hot temperatures and high altitudes suck fluid away from our bodies faster.
- **Salty food:** We take in salts from our diets. When this happens, we may retain water or feel thirstier and want to drink more. (The same is often true of sweet foods.)
- **Alcohol:** Alcohol makes us lose water initially, and then we often feel dehydrated and thirsty.
- **Hormones:** If you're a woman of reproductive age, your hormones will change your body water levels throughout your cycle.
- **Digestion and excretion:** If you're finding it hard to poop, adding more water will help move things through. And, if you've had diarrhea or vomiting recently, you'll want to replace that lost fluid.

WHERE TO START

Water and proper fluid balance are crucial for life. You can keep it simple, not overthink, and not over-drink. Start with a simple set of daily practices.

Work on doing them consistently:

- Drink when you're thirsty, plus a little extra. Have a few extra sips or swigs here and there to boost the signal.
- You can have a glass of water with your meals. Sipping water between bites can slow you down and help you eat mindfully.
- Help yourself remember to hydrate. Leave a glass by the bathroom or kitchen sink, and have a glass each time you pass by. Or put a water bottle by your workstation.
- If you feel hunger or cravings, try drinking water first to see if you feel thirst rather than hunger.
- Include fruits and vegetables in your diet, which also add water.

Simple practices like these can support the habit of drinking water regularly throughout the day. Drinking water regularly daily is the only guideline most people need to stay hydrated. There's no need to be fancy or too precise most of the time.



3

IF YOU WANT TO AVOID THAT AFTERNOON CRASH THIS IS YOUR SECRET WEAPON.

PROTEIN PRIORITISATION

Prioritizing protein is important for mental performance because protein is a critical nutrient that provides the body with essential amino acids to build and repair tissues, including those in the brain. These amino acids are used to produce neurotransmitters, chemicals that help transmit messages between nerve cells in the brain.

Neurotransmitters are critical in regulating mood, focus, and cognitive functioning. For example, dopamine is involved in motivation, learning, and attention, while serotonin regulates mood and appetite.

Protein also helps regulate blood sugar levels, which is essential for maintaining stable energy levels throughout the day. Consuming protein with meals can help slow down the absorption of carbohydrates in the body, preventing spikes and crashes in blood sugar levels that can negatively impact mental performance (goodbye 3 p.m. crash!).

WHY PROTEIN?

We are constantly breaking down and building up new proteins. While we can store carbohydrates and fat, we can't store protein in the same way, so we need to get enough protein from our diet to keep the process of protein turnover happening.

Your protein needs increase if:

- You are training hard and frequently (as an athlete) or have a heavy physical job.
- You are injured or sick or are recovering from surgery.
- You are losing protein for another reason (e.g. chronic stress, poor digestion)



HOW MUCH IS ENOUGH?

Too little protein and you might not:

- Feel satisfied or full after your meal
- Recover well
- Build lean mass and muscle
-

Too much protein and you might:

- Feel overfull and sluggish after your meal
-

When you eat the right amount of protein, you:

- Feel satisfied with meals
- Can build lean mass and muscle
- More easily maintain a healthy weight

PROTEIN SOURCES

EAT MOST	EAT SOME	EAT LESS
Egg whites	Whole eggs	Ribeye steak
Chicken breast (skinless)	Chicken thigh (skinless)	Top sirloin
Turkey breast (skinless)	Turkey leg (skinless)	Porterhouse steak
Pork tenderloin	Burger patties	T-bone steak
Pork chop	80% lean ground beef	Beef/pork/lamb ribs
Lean ground beef	Full-fat yoghurt	Beef short ribs
Lean ground turkey	Full-fat ricotta	Bacon
Kangaroo	Full-fat cottage cheese	Pork belly
Venison	Cheese	Pork spareribs
Protein powder	Whole milk	Chicken thighs (with skin)
Nonfat yoghurt	Round/rump steak	Turkey thighs (with skin)
Nonfat ricotta	Trimmed brisket	Sausage/chorizo
Cottage cheese	Trimmed stewing beef	Salami
Tofu	Beef shank	-80% ground beef
Bone broth	Lean sausage	Salmon fillet (with skin)
Deli beef/ham/turkey	Beef jerky	Canned fish in oil
Oysters	Salmon fillet (skinless)	Lamb shank
Crab/lobster	Canned sardines	Hot dogs
Prawns	Lamb chop	
Mussels	Lamb leg	Any meat with a lost of untrimmed fat or skin
Scallops	Pork sirloin	
Tuna (canned in water)	Leg ham	



4

OVEREATING WILL COMPLETELY FRY YOUR COGNITIVE ABILITIES.

PORTION CONTROL

Who would have thought overeating could negatively impact our cognitive abilities... Fortunately, we have a simple and portable solution: portion control!

Consuming large quantities of food, especially those high in sugar and fat, can cause a spike in blood sugar levels, followed by a crash. This can lead to feelings of fatigue, lethargy, and difficulty concentrating.

Overeating can also lead to weight gain and a higher risk of developing conditions such as type 2 diabetes, hypertension, and cardiovascular disease. These conditions have been shown to negatively impact cognitive abilities, including memory, attention, and decision-making.

Let's remember that consuming large meals close to bedtime can disrupt sleep patterns and result in poor sleep quality, leading to fatigue, difficulty concentrating, and irritability.

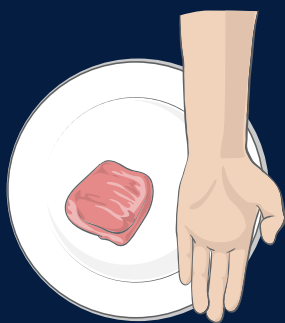
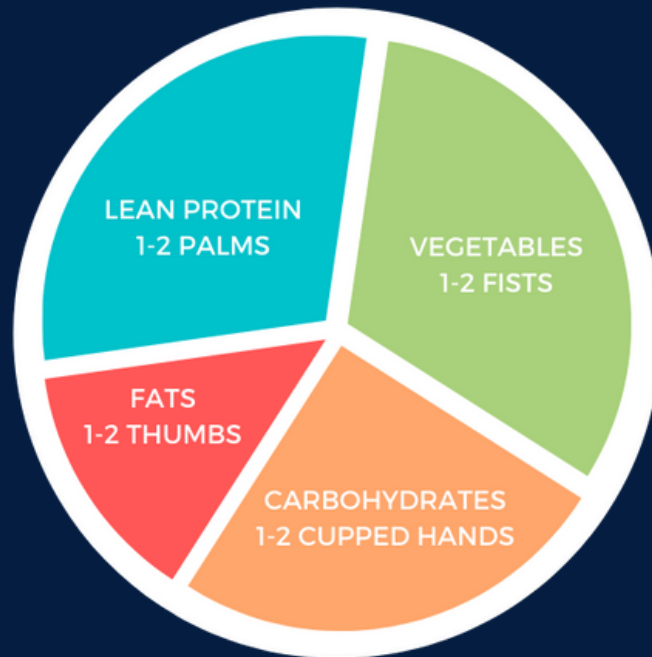
This handy portion-measuring system works well for many reasons.

1. **Hands are portable.** They come with you to work lunches, restaurants, social gatherings, and even Grandma's house.
2. **Hands are a consistent size.** This provides a constant portion reference.
3. **Hands are proportional to the individual.** Bigger people generally need more food and have bigger hands, so they get larger portions. Smaller people generally need less food and have smaller hands, so they get smaller portions.

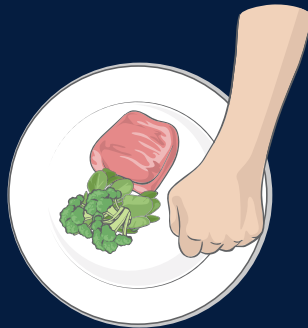
Plus, the hand portion-measuring system provides appropriate amounts of nutrient-dense foods and their specific macronutrients.



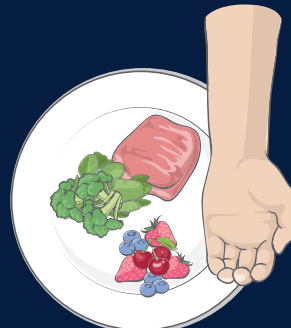
WHAT DOES THAT LOOK LIKE ON A PLATE?



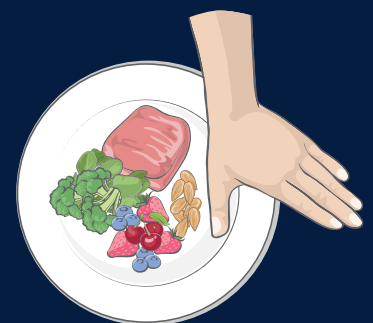
A portion of protein = 1 palm



A portion of vegetables = 1 fist



A portion of carbs = 1 cupped hand



A portion of fats = 1 thumb

	Hand Portion	Macronutrient	Conventional Measurement
Protein	1 palm	~20-30 g	~85-110g cooked meat, 2 whole eggs, 1 cup Greek yogurt
Carbs	1 cupped	~20-30 g	~1/2-2/3 cup cooked grains/legumes, 1 medium fruit/potato
Fats	hand 1 thumb	~7-12 g	~1 tbsp



5

THINK ALCOHOL HELPS YOU RELAX AT THE END OF THE DAY? THINK AGAIN.

ALCOHOL

Let's get one thing clear: alcohol does NOT improve your sleep. Drinking alcohol before bed can interfere with your sleep for *several* reasons.

Firstly, alcohol disrupts the normal sleep cycle by suppressing the rapid eye movement (REM) stage, which is essential for restorative sleep. While it may help you fall asleep faster initially, it leads to fragmented and less restful sleep overall. Secondly, alcohol is a stimulant, causing increased wakefulness during the night and frequent awakenings. This disrupts the natural progression through sleep stages, resulting in lighter and less restful sleep. Additionally, alcohol can worsen sleep disorders such as sleep apnea and snoring, and its diuretic properties can lead to dehydration and the need for more bathroom visits, further interrupting sleep. Ultimately, alcohol before bed can lead to poor sleep quality and make you tired and groggy in the morning.

TIPS FOR REDUCING ALCOHOL

In Australia, we have a massive social pressure to drink if others are. You can use these tips to help avoid some of that pressure.

- Say, "I don't drink", rather than "I'm not drinking". This tells whomever you're with that it's not this moment but all moments that you don't drink alcohol, and they will be less persistent in pressuring you.
- Never say, "I'll just have one!" We all know this never happens. One will turn into two, three or four. If the people you are with know you are drinking, they are more likely to encourage you to keep going!
- Tell people how you enjoy the feeling of not drinking and that you'd like to continue feeling that way.
- Don't put yourself in a position where you will likely be encouraged. Perhaps invite people to your house for dinner instead of suggesting a night out.
- The other option is to get a soda and fresh lime – outwardly facing, it looks like vodka lemonade or gin and tonic, and you get fewer questions; plus, you are also hydrating!



6

THE SECRET TO BEING LASER FOCUSED HAS BEEN RIGHT IN FRONT OF YOU THE WHOLE TIME.

MORNING SUNLIGHT

Science has shown that exposure to sunlight in the early hours of the day can profoundly impact your brain and overall well-being.

Morning sunlight can influence the brain's internal clock, known as the circadian rhythm. Circadian rhythms regulate various physiological processes, including sleep-wake cycles and hormone production. Exposing yourself to sunlight in the morning, particularly within the first hour of waking up, helps synchronize your circadian rhythm, promoting alertness and mental clarity throughout the day.

Morning sunlight has also been shown to benefit focus and mental performance. It stimulates the production of serotonin, a neurotransmitter that regulates mood and promotes a sense of well-being. Increased serotonin levels can improve mood, reduce anxiety, and enhance cognitive functions such as attention and memory. Exposure to sunlight also triggers the release of dopamine, another important neurotransmitter associated with motivation and reward, further boosting your mental performance.

Here are a few simple tips to incorporate into your routine:

1. **Rise with the Sun:** Aim to wake up early and catch the sun as it rises; low-level sunlight has the most impact.
2. **Step Outside:** Spend time outdoors in the morning, whether taking a walk, doing yoga, or enjoying a cup of tea on your balcony. Aim to expose your face, arms, and legs to the sunlight.
3. **Be Mindful of Timing:** Aim to get sunlight within the first hour of waking up to maximize the benefits. This doesn't mean you *have* to watch the sunrise each morning, but getting 10 minutes of morning sunlight (even if it's cloudy out) will help improve your sleep, focus and mood.



7

FEELING STRESSED OR OVERWHELMED? IT'S TIME TO TAKE YOUR SHOES OFF.

GOUNDING

Spending time in nature has numerous benefits for our mental and physical well-being. Whether taking a walk in the park, hiking in the mountains, or simply sitting in a garden, being outside in nature can positively impact our health in many ways.

One of the most obvious benefits of spending time in nature is that it helps us to relax and reduce stress. The sounds, smells, and sights of nature can have a calming effect on our nervous system, reducing stress hormones and promoting feelings of well-being. This is why many people find that spending time in nature can help to improve their mood and reduce symptoms of anxiety and depression.

Another benefit of spending time in nature is that it can improve our cognitive function. Studies have shown that spending time in nature can improve our ability to focus and concentrate and enhance our creativity and problem-solving skills. This is because exposure to natural environments can help to reduce mental fatigue and improve our ability to pay attention.

In addition to these mental health benefits, spending time in nature can also have physical health benefits. For example, exposure to natural sunlight can help boost our vitamin D levels, which is important for strong bones and a healthy immune system. Being outside in nature can also encourage physical activity, such as walking or hiking, which can improve cardiovascular health and help maintain a healthy weight.

Aim to spend at least 10 minutes a day grounding or simply being in nature without distractions to help improve your stress and recovery.



8

THAT AFTERNOON COFFEE IS PUTTING YOU AT A SERIOUS DISADVANTAGE.**NO STIMULANTS AFTER 12PM**

We have all experienced that dreaded afternoon crash of energy. And I am sure most of us are guilty of reaching for stimulants such as coffee, tea, or energy drinks to help us stay alert and focused throughout the afternoon.

However, consuming these stimulants too late in the day can disrupt our sleep patterns and negatively affect our overall health and well-being. This is why it's recommended to avoid consuming stimulants after noon!

Caffeine can stay in our system for several hours, making it harder to fall asleep at night and can cause us to wake up more frequently throughout the night. This can lead to feelings of fatigue, irritability, and reduced cognitive function during the day.

In addition to disrupting our sleep, consuming stimulants late in the day can also negatively affect our cardiovascular health. Studies have shown that excessive caffeine consumption can lead to an increase in heart rate, blood pressure, and the risk of cardiovascular disease.

The most common afternoon pick-me-up, caffeine, is a diuretic that can cause us to lose fluids and electrolytes more quickly, resulting in dehydration and negatively affecting our overall health and well-being. This can lead to feelings of thirst, dry mouth, and other symptoms of dehydration.

To avoid these adverse effects, it's recommended to avoid consuming stimulants after noon. Instead, rely on natural methods to stay alert and focused throughout the day, such as taking short breaks, staying hydrated, and exercising regularly. This brings us nicely to the last area of focus...



9

**RESISTANCE TRAINING WILL
DRAMATICALLY INCREASE YOUR FOCUS.****RESISTANCE TRAINING**

Resistance training, also known as strength training or weight lifting, involves working against resistance to build and maintain muscle mass, strength, and endurance. While many people associate resistance training with building muscle and improving physical performance, it also has numerous benefits for overall health and cognitive performance.

One of the key benefits of resistance training is its ability to improve overall physical health. By increasing muscle mass and strength, resistance training can help improve bone density, balance, and coordination, reducing the risk of falls and other injuries. Additionally, resistance training can improve cardiovascular health by lowering blood pressure and reducing the risk of heart disease and stroke.

Resistance training has also been shown to have numerous benefits for cognitive performance. Studies have shown that resistance training can improve memory, attention, and executive function, all important cognitive performance aspects. Additionally, resistance training has been shown to reduce the risk of cognitive decline and dementia in older adults.

One reason for these cognitive benefits may be due to the role that resistance training plays in promoting the growth of new neurons and synapses in the brain. Resistance training has been shown to increase protein levels that play a crucial role in neuroplasticity and the growth of new brain cells. This can lead to improvements in cognitive function and mental health.

If you still need to follow a training program, you can [inquire](#) about getting a personal program written for you and your goals. We recommend you start with two days a week in the gym and build up from there.



SAMPLE WORKOUT

BEGINNER

MONDAY	TUESDAY
<p><i>Complete this workout once. Perform exercises of each letter together, rest 40-60 seconds and repeat remaining sets before moving on to the next pair of exercises</i></p> <p>A1) Goblet Squat: 4x 10-14 Reps</p> <p>A2) Dumbbell Upright Row: 4x 10-14 Reps</p> <p>B1) Dumbbell Bench Press: 4x 10-14 Reps</p> <p>B2) Single Arm Dumbbell Row: 4x 10-14 Reps on each side</p> <p>C1) Dumbbell Walking Lunge: 3x 20 Steps (10 on each side)</p> <p>C2) Seated Dumbbell Shoulder Press: 3x 8-12 Reps</p> <p>D1) Seated Rear Delt Raise: 3x 12-16 Reps</p> <p>D2) Standing Calf Raise: 3x 20-30 Reps Reps</p> <p>E1) Single Leg V-up: 3x 20 Reps (10 on each side)</p> <p>E2) Leg Lowers: 3x 20 Reps</p>	<p><i>Complete workout morning and evening. Alternatively, replace one of the workouts with a 30-minute walk. Perform each exercise for 60 seconds with 20 seconds of rest in between</i></p> <p>Reverse lunges</p> <p>Rest</p> <p>Band pull down</p> <p>Rest</p> <p>Banded chest fly</p> <p>Rest</p> <p>Banded hammer curl</p> <p>Rest</p> <p>Banded overhead tricep extension</p> <p>Rest</p> <p>Band pull apart</p> <p>Rest</p> <p>Banded frontal raise</p> <p>Rest</p> <p>Glute bridge</p> <p>x2</p>



SAMPLE WORKOUT

INTERMEDIATE

MONDAY

Complete this workout once. Perform each exercise in order, rest for 60-120 seconds and repeat the remaining sets before moving on to the following exercises

- A) Back Squat: 4x 8-10 Reps
- B) Incline Barbell Bench Press: 4x 8-10 Reps
- C) Strict Pull-up: 3x 8-10 Reps
- D) Back Extension: 3x 10-12 Reps
- E1) Dumbbell Lateral Raise: 3x 15-20 Reps
- E2) Chest Supported Y Raise: 3x 15-20 Reps
- F1) Barbell Bicep Curl: 3x 12-15 Reps
- F2) Skull Crushers: 3x 12-15 Reps
- G1) Hanging Leg Raise: 3x 10-12
- G2) Step-ups: 3x 20 Reps (10 e/s)
- G3) Moderate Cardio: 3x 0:60 seconds

TUESDAY

Complete this workout once. Perform exercises of each letter together, rest 40-60 seconds and repeat remaining sets before moving on to the next pair of exercises

- A1) Goblet Squat: 4x 10-12 Reps
- A2) Dumbbell Upright Row: 4x 10-12 Reps
- B1) Dumbbell Bench Press: 4X 10-12 Reps
- B2) Single Arm Dumbbell Row: 4 x 12-14 Reps on each side
- C1) Dumbbell Walking Lunge: 4 x 20 Steps (10 on each side)
- C2) Seated Dumbbell Shoulder Press: 4x 12-14 Reps
- D1) Seated Rear Delt Raise: 3x 15-20 Reps
- D2) Standing Calf Raise: 3x 25-35 Reps Reps
- E1) Single Leg V-up: 3x 20 Reps (10 on each side)
- E2) Leg Lowers: 3x 20 Reps



BONUS: JOURNAL PROMPTS

Journal prompts can help to increase self-awareness and focus on personal growth and development. By reflecting on strengths, weaknesses, and areas for improvement, you can identify specific goals and action steps to help achieve your desired outcomes.

Asking big questions

1. How much of my life comprises what I'm expected to do?
2. How much of my life includes what I want to do?
3. What areas of my life am I currently dissatisfied with?
4. What is weighing me down more than anything?
5. Even if I had everything I could ever dream of, what is one thing I would still need to be happy?

Visualising your dream life

1. What does a day in my dream life look like? (get really descriptive: where are you, who are you with, what is your job?)
2. What type of person do I need to become to create this life?

Letting go of past baggage

1. What do I need to forgive myself for? (e.g. something you did in the past that has made you feel like you failed)
2. One excuse I am letting go of... (e.g. I don't have enough time to do X)
3. The new belief I want to put in its place... (e.g. I AM a healthy person)

The power of making a decision

There are generally seven main areas people want to focus on improving: exercise, nutrition, sleep, relationships, mental health/mindset, finances, and work/business.

1. Which of the seven main areas will give me the greatest return on my investment?
2. Why is this one area the most important to focus on right now?
3. What is one long-term goal focused on this area I could create that would get me really excited?



CLAIM YOUR FREE NUTRITION AND TRAINING BLUEPRINT TO UNLEASH YOUR PRODUCTIVITY POTENTIAL (WORTH \$1,000)

Making the stuff in this ebook a part of your life is the only way to boost your performance without working overtime. If you are serious about creating high-quality work in less time, you must address these nine areas of your life. If you're not, you probably spend more time than you need on work... but getting less done than you should.

We've given you what you need to get started. But if you have questions or would like help implementing any of the above, get in touch today. Even better, for a limited time, we're offering you a 30-minute strategy session where we'll discuss your health goals and challenges and draw up an in-depth Nutrition and Training Blueprint for you for free.

So that you know, this is NOT a sales call. You will be speaking with either myself (Mack), a nutrition coach, or Jack, a personal trainer. Not a salesman.

Claim your no-obligation free 30-minute strategy session now and get your \$1,000 custom Nutrition and Training Blueprint FREE!

I just wanted to let you know that before you claim your free strategy session, you must understand that this is only for people serious about improving their workflow through lifestyle changes for long-term success. We'll do the brunt of the work, but to truly become a high achiever (both in and out of the office), we need your commitment and dedication. Please don't waste our time if you're not ready for that.

But if you are ready to kick your productivity into superhuman mode and skyrocket your achievements, book your FREE strategy session call now.

**CLAIM YOUR FREE 30-MINUTE
STRATEGY SESSION**