

7 HIGH PERFORMANCE HACKS

TO ENLIGHTEN, EDUCATE AND EMPOWER YOU!



1 SELF-AWARENESS

Read 'Raise Your Game' by Alan Stein Jr.
'Do Purpose' by David Heatt

Create a personal purpose. Write down 5 core values.
Why do you get out of bed in the morning?

Read 'Man's Search for Meaning' by Viktor Frankl
'Extreme Ownership' by Jocko Willink

SETBACKS 2

View setbacks in a new light - they are learning opportunities.
Reflect, identify weaknesses, make a plan, and improve.

3 HABITS

Read 'Atomic Habits' by James Clear
'Tiny Habits' by BJ Fogg

40% of your daily actions are automatic. Identify keystone habits that can promote new healthy behaviours.
Make habits obvious, easy, attractive and rewarding.

Read '7 Habits of Highly Effective People' by Stephen Covey
'The School of Greatness' by Lewis Howes

MOTIVATIONS 4

What tasks drive your interests and creativity?
Do more of them.

5 GROWTH MINDSET

Read 'Mindset' by Carol Dweck
'Limitless' by Laura Gassner Otting

Believe in the ability to improve. Regularly step outside your comfort zone, embrace challenges, and use them to get better.

Read 'Legacy' by James Kerr
'Welcome to Management' by Ryan Hawk

LEADERSHIP 6

Do not try to fit the template of a conventional leader.
Find your own leadership style and embody it.

7 SELF-TALK

Read 'Relentless' by Tim Grover
'Ego is the Enemy' by Ryan Holiday

How do you speak to yourself? Create a battery of 3 motivational and affirmational statements to replace negative talk.

"The podcast with it's finger on the pulse. Listen with pencil and paper - the insights are priceless" James Kerr, author of Legacy

