

Thank you for joining
our Overcoming
Overwhelm Tribe Talk.
Until next time!



FEBRUARY COACHING CALL

Post questions on [slido.com](https://www.slido.com) / #Limitless



MARCH "VALUE" RETREAT

- March 22-23: Lifestyle Retreat
- March 24: Mastermind Meet-Up
- March 25: Leaders Radical Retreat
- March Retreat Ride Share Room on Tribe



UPCOMING

- March 7, 8-8:30 PT: Catching Your Cooper w/ Cooper Shubert
- March 7, 8:30-9 PT: Morning Routine w/ Steph Bruno
- FYI, June 20th Tribe Talks rescheduled to June 6 due to Juneteenth holiday



NEWS YOU CAN USE

- There are some deep, juicy questions and advice on Tribe
- Ukraine sample communications from Tiffany/Jarrold, Adam and Mark Newfield posted on Tribe for examples
- Former Limitless firm CSA is open to IC work, possible job, email coaching inbox for information
- Held "Overcoming Overwhelm" call this morning, on Tribe soon
- Tribe Talks posted under "Events & Tribe Talks" with all replays!
- Any Investing "bucketing strategy" client documents to share?
- Going RIA: working on a session after March retreat



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High Performance HAPPINESS

LIMITLESS COACHING CALL
February 28, 2022

Survey Says

According to the study, top-rated performers are...



55x

less likely to start projects they don't finish



21x

less likely to experience tasks falling through the cracks



17x

less likely to have an inbox full of unread emails

The Big Question: How do we elevate our work, wealth and well-being in ways that actually work?

WHAT IS HIGH PERFORMANCE HAPPINESS?

HIGH PERFORMANCE

HAPPINESS (TRADITIONAL FORMULA)

HAPPINESS ADVANTAGE

DEFINITION & MEANING

- Working or operating at an above average standard
- Succeeding at above and beyond standard norms over the long-term

HAPPINESS IS ON THE OTHER SIDE OF SUCCESS

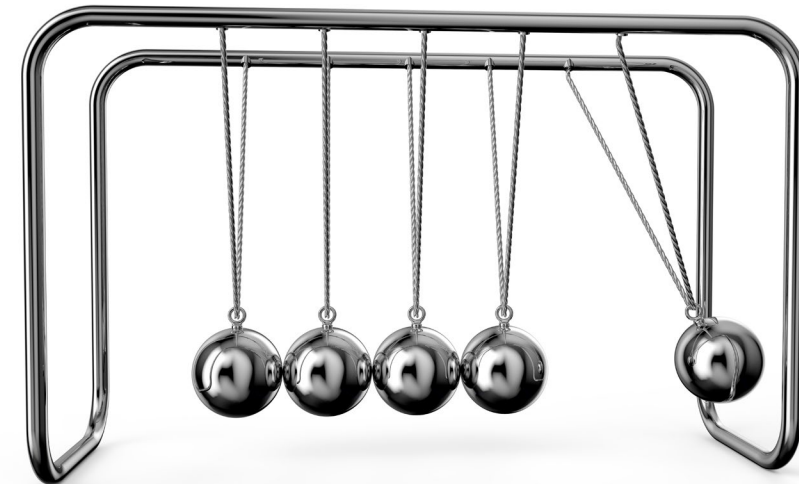
- If I work harder, I'll achieve X and then I'll be happier...
- If they would just (do/be this) then things would be OK and I would be happy...

BEING MORE POSITIVE IMPROVES EVERY BUSINESS OUTCOME

- Intelligence rises
- Creativity rises
- 31% more productive than negative/stressed
- 31% better at sales
- 19% more accurate w/correct diagnoses
- Purpose & connection give meaning to our lives



THE FORCES AT WORK



Your UNCONSCIOUS Mind



Survival systems
Negativity hard-wiring
Belief systems

Your SELF-CONSCIOUS Mind



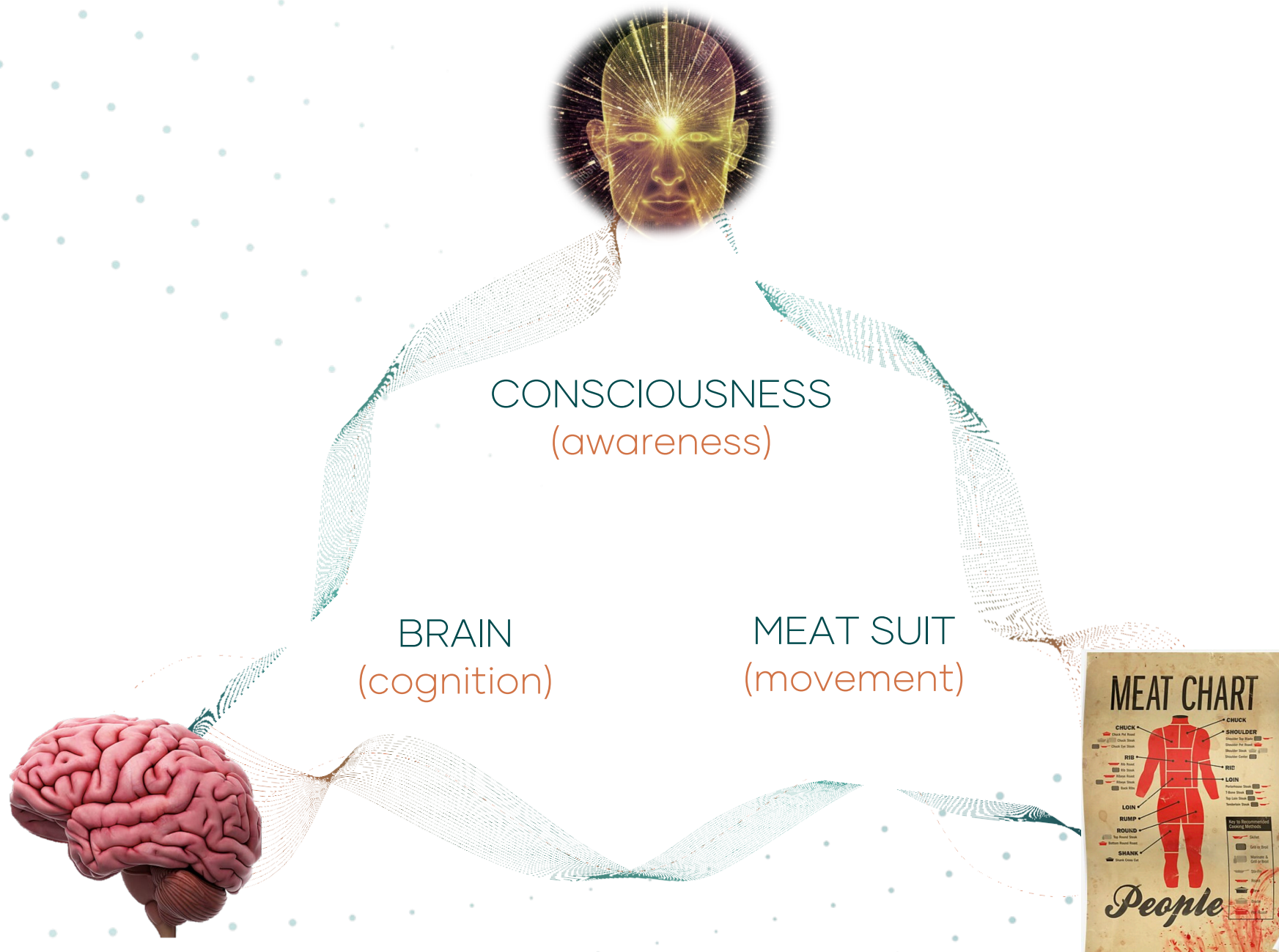
YOLO, FOMO, FOPO
Need be validated (masculine), special (feminine)
Spent time/energy gaining acceptance

Your PHYSICAL BIOLOGY



Nervous system designed for pre-historical times
Social pain and physical pain same to your brain
Window of tolerance

THE TRILLOGY





TOP PERFORMANCE TRAITS



PURPOSE



CLARITY



COMMITMENT



DELIBERATE
ACTION



PRODUCTIVITY
PHENOMS



GROWTH
MINDSET



PROTECT
THE ASSET



HONE THEIR
CRAFT



PRODUCTIVITY POWERHOUSES



TAKE AGENCY OVER TIME

Take agency over the time to align attention and actions with desired outcomes.



FOCUS ON THE FEW

Focus most of their attention on the few things that truly move the needle.



DO GENIUS WORK

Focus their work time on energy-creating, revenue-producing activities.



DEEP DELEGATORS

Leverage their time and talent to the utmost with people, process & platforms.



DISCIPLINED DIETS

Develop governing systems, routines & rituals for every facet of life possible, freeing time and energy for high impact activities.



GROWTH MINDSET



WELCOME FEEDBACK

Feedback is your friend.
Actively seek out and
welcome feedback.

You do not fail,
you win or you learn.



EMBRACE UNCERTAINTY

Embrace risk and
uncertainty with a calm,
confident state of mind.

If you want to be
more successful, get
used to being more
uncomfortable.



DO IT ANYWAY

When faced with risk and
uncertainty, they
overcome that fear and
do it anyway.

Success is holding your
fear in one hand and your
do-it-anyway in the other.



SELF BELIEF

Strong sense of and belief
in self, capabilities and
ability to climb any
mountain.

Yes I can, and I will.
I am here, I am worthy,
let it in.



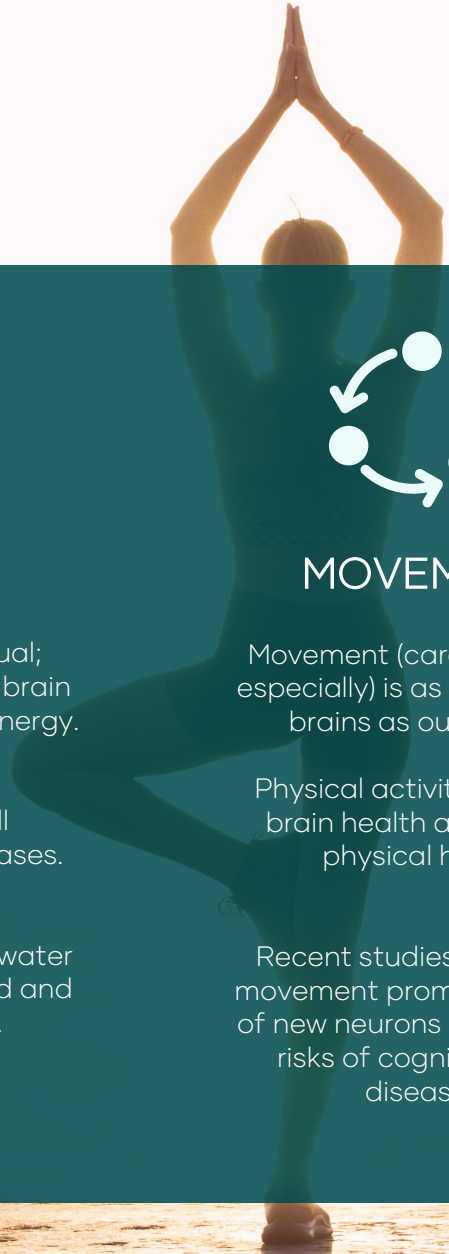
CONTINUOUS IMPROVEMENT

Continuously seek growth
& improvement, not to prove but
to improve personally and
professionally for optimal life
experience.

Old ways won't open new doors.



PROTECT THE ASSET



ATTITUDE

People with positive attitudes perform better by every measure.

Emotional stress is a major factor to the 6 leading causes of death in the US.

Stress causes inflammation and breakdown of the immune system.



SLEEP

Lack of sleep isn't a brag, it breaks down performance across every measure.

An average of 6-8 hours of sleep is needed for good mental and physical function and stamina.

Sleep fuels your energy, attention, performance and endurance.



DIET

All calories are not equal; healthy diet is crucial to brain function & maintaining energy.

Inflammation is responsible for a full 90-95% of chronic diseases.

Healthy diet and ample water each day keep your mind and body in peak state.



MOVEMENT

Movement (cardio exercise especially) is as good for our brains as our bodies.

Physical activity improves brain health as much as physical health.

Recent studies show that movement prompts creation of new neurons and reduces risks of cognitive brain diseases.



MINDFULNESS

Unless you've been under a rock you've heard the many benefits of mindfulness.

Mindfulness is the ability to focus one's awareness on the present moment.

Benefits include reduced stress and health problems, increased calm, focus, mental clarity, productivity, emotional intelligence, health, relationships...

HARD WIRED Habit Bundles



THOUGHT HABITS

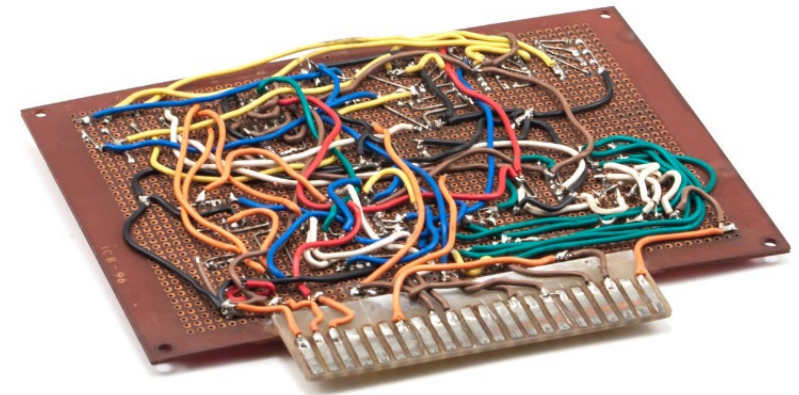


BEHAVIOR HABITS



BUSINESS HABITS

Own Your Mind. Own Your Habits. Own Your Life.





ROUTINES & RITUALS

THE DAILY PRACTICE/s

Morning Routine

THE DAILY PROMISES

Success Shifter/Habits Journal

THE WEEKLY REVIEW

Feedback Loop

PRODUCTIVITY HACKS

Optimize Everything

- Use Time Tools (annual calendar/model schedule)
- Don't manage your email check 1-2x day max
- Don't manage your schedule show up and do the work
- Limit social media to 30m day use screen limit apps
- Do only "Genius" work delegate everything else
- Time batching for focus block like work, batch days
- Client meeting surges batch meetings into surges



The Daily Practice



MINDFULNESS

Breathing

- Start with 5 minutes of belly breathing
- Work way up to 10 minutes
- Integrate into morning rituals / daily life

Meditation

- 8 minutes, min. effective dose
- Not about clearing, about agency
- You're not bad, playing wrong rules

Journaling

- Active processing for busy minds
- Ask better questions, get better answers



CREATIVE VISUALIZATION

Science Says

- Brain doesn't know difference between real and imaginary (same brain circuits)
- Activate similar brain circuitry
- Boost confidence, motivation, focus, skills, strength, reaction times
- Rewire brains and make epigenetic changes in your body
- Holistic imagery most effective; see it, feel it, smell it, imagine it "as if"
- Michael Phelps, Connor McGregor, Eileen Gu, Lady Gaga, Will Smith, Denzel Washington, Matthew McConaughey

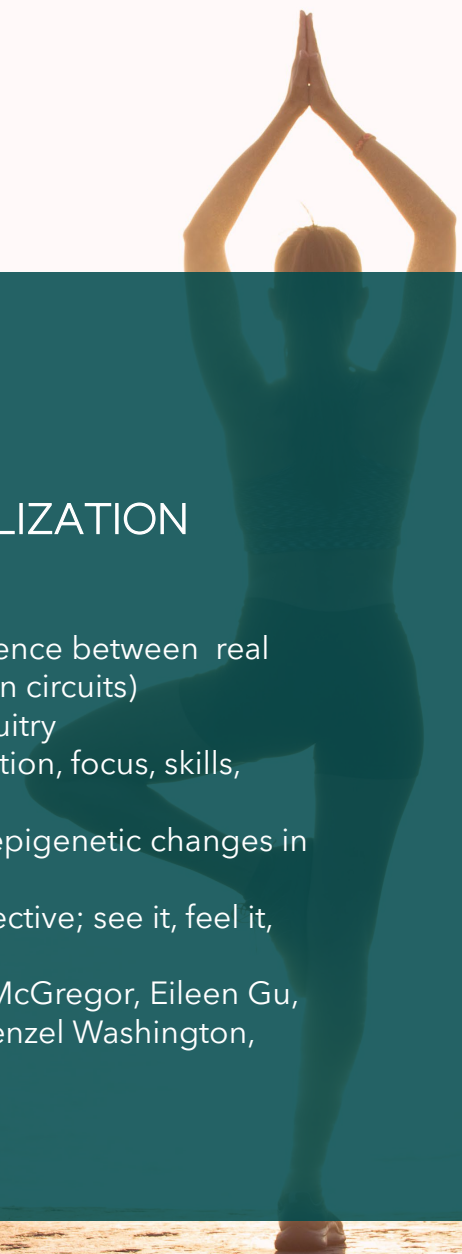


MOVEMENT

Activate & Energize

- Activate nervous system
- Initiate blood flow
- Create mind/body connection
- Active breathwork (Wim Hoff, etc)
- Stretching / yoga
- Walk, run, hike, bike, whatever...
- Go outside, get sunlight

**How you start your day,
sets your day**





PURPOSE



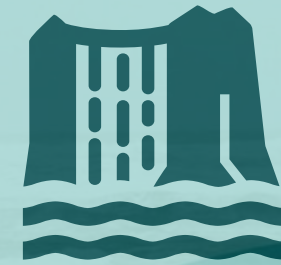
CLARITY

START WITH CLARITY, BEGIN WITH END IN MIND



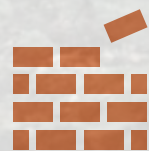
FOCUS

FANATICAL ABOUT FOCUS TO OPTIMIZE ENERGY & ACTIONS



FLOW

OPERATE FROM SUCCESS-STATE MORE OF THE TIME, FIND IF FASTER



PROGRESS

any mood, any goal

Meditation

- [What is meditation](#)
- [Meditation for beginners](#)
- [Benefits of meditation](#)
- [Guided meditation](#)
- [Meditation techniques](#)
- [See more →](#)

Sleep

- [How to sleep better](#)
- [Meditation for sleep](#)
- [How to fall back asleep](#)
- [How to wake up](#)
- [Sleep hacks](#)
- [See more →](#)

Stress

- [Meditation for anxiety](#)
- [How to relieve stress](#)
- [Meditation for stress](#)
- [How to relax](#)
- [How to reduce anxiety](#)
- [See more →](#)

Mindfulness

- [How to stop worrying](#)
- [How to form a habit](#)
- [How to be more grateful](#)
- [How to be more present](#)
- [How to improve self-esteem](#)
- [See more →](#)



Calm

Start Here

12 of 30 days

How to Meditate
Course • Jeff Warren

See All >

7 Days of Calming
Course • Tamara Lev

THE POWER OF CREATIVE VISUALIZATION

WITH USA NICHOLS & VISHEN LAKHIANI

mindvalley academy
masterclass

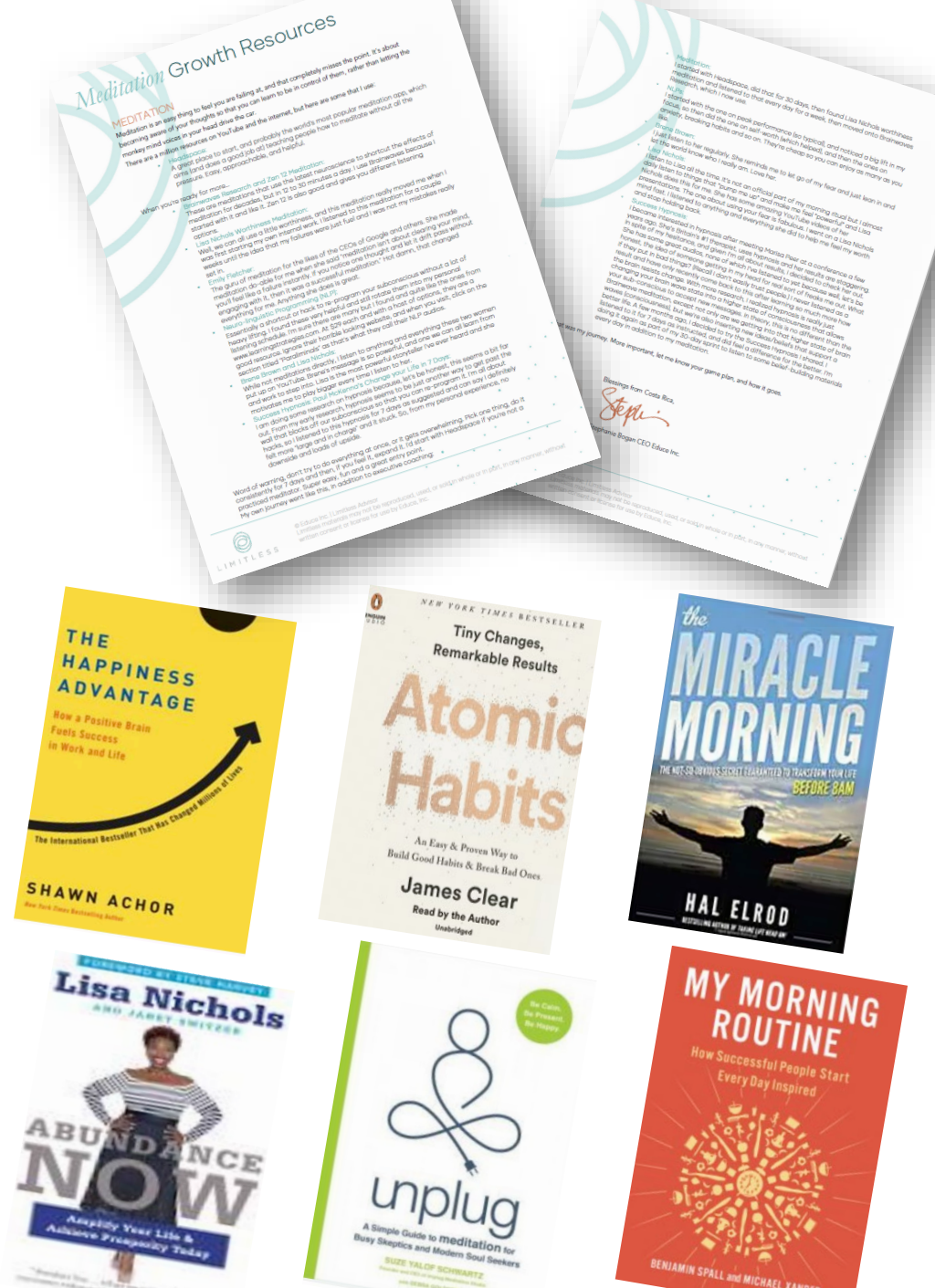
Brainwave Player

Meditate. Relax. Foc...

★★★★☆ 7

OPEN

- Energyless Learning <<<
- Instant Creativity <<<
- Schumann 7.83Hz - No.1 <<<
- Schumann 7.83Hz - No.2 <<<
- Tesla Terra Tone <<<
- Step 1 <<<
- Step 2 <<<
- The Beginning of Awareness <<<
- InnaPeace - Step 2 <<<





LIMITLESS Q&A