

# LIMITLESS Coaching Call Transcript

JANUARY 23<sup>RD</sup>, 2023  
PERFORMANCE PLAYBOOK WELCOME

I'm Stephanie Bogan.

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This is Adam Schmila, and we are here to launch performance, playbook, virtual retreat for 22.

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We are so excited to have this conversation with you. We started the session with the song, I of the Tiger, for a very specific reason.

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We all remember the movie Rocky, and in the beginning he is not feeling like he is in his best shape.

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He's not living. His best life. He is feeling way below the line, and then he has a moment, a reason, a motivation, a why, that is bigger than all of that that compelling to change who he is, how he shows up, what he does, what he thinks, what he eats, so that he can create, a

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New level of performance and success for himself. And that is really what limitless is all about this year.

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It is Adams driving, so I have to look at him he's we've done this real number of years all day.

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So I'm pretty good at kinda determining when there's the end of a thought Bubble, and then I can advance to the next slide dooling. Yeah, alright. Today's agenda is pretty straightforward. We're gonna spend just the next couple of

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Minutes wrapping up or welcome. I'm gonna lead us through. What is the grounding session for the year, the science of success? How we really make sure that we are in the in order to create those new levels of success in a bigger better future because without that foundation nothing will happen in any energy will just get spent spinning

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our way, we're gonna spend some time with you in chat, and Chow discussed rooms by Chat and chow.

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We literally mean, these are chat rooms, so we won't see you.

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But as many people as possible as want to can join.

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This allows everyone to engage and interact with customers while still having some time to like, take a break into your



food and be what you need to do.

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So we'll see you there. If you want to skip that, and, you know, take a break.

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Feel free to do that, I will come back and do a performance playbook over you.

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So we're going to review the highlights of those base camp lessons.

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And why there's so important and then we're going to break you into some show and tells coaches are going to share how they've applied those ideas in real life in practice.

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So you can see how we go from idea to implementation, and how you can then customize it to fit your in practice, as we like to call it.

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And we're going to talk about time and accountability.

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Do some more breakouts, and we're really going to share is a peer group.

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And that's intentional, is we're going to engage with you as coaches, and then you're going to engage with each other at a peer level we've given you.

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We'll talk through some breakout instructions. But the idea here is to kick off the year.

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Recognizing that this is a different kind of community here, we don't hide.

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We don't pull back. We don't shrink.

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We get in, we engage, and the more that you engage, the more that you're gonna get out of the experience, it's gonna be time for you to connect with your peers, share your vision and your goals.

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Get clarity, fill in any gaps. And just further refine the vision of where you're going this year.

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Good call, very much to what we were talking about earlier.

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There are so many things that you can get out of limitless.

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You are not going to eat the entire elephant this year.

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It's about identifying the things are going to walk you through that process, and a second, it's about identifying the things that are going to move the needle and applying forward momentum with consistency.

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Because what we know is without fail. Consistency compounds. We're either consistently applying positive habits, decisions and behaviors that move us in the direction that we want or we're moving in the other direction limitless is all about helping you.

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Align the tongue in your mouth and the tongue in your shoes, so they're always going in the same direction.

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Here are just a few of the examples of what is possible verge.

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I know you're on the line there somewhere. He might.

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He's in the Philippines verge has been in the program for a few years, and he was so inspired by our life in Costa Rica.

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Now our back and forth life, that he and his family decided that they wanted to relocate with their young kids to the Philippines.

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Which is where they're from, and they plan that for a year.

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And did this, that last December, verge is joining us again this year, but as you can see from that image on the left, he is joining us from.

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We all had we huddled around. This is a team, because it looks exactly like Costa Rica like that one.

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So way to go. Verge. We're so excited Brian Boss is one of our virtual members actually sent me this direct message this year.

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I call it quiet kick asked me. He was like, Hey, you didn't see or hear from me a lot, but it is like a two-page like memo on everything he did over the last year that really influenced his success.

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Christie Rains, who's been with us for a couple of years, wrote this right after coming off maternity.

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Leave with your fourth child. I put the snapshot in.



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If you want to go in. She did like a very, very much like you, a very detailed post on like the 24 changes she had made so there's like these great roadmaps.

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If you, if you're on tribe and Easter, to see those things that you can follow, this is what's possible when you put yourself on a path to success.

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So this year we've created what we call the limitless program guide.

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The only real kind of feedback we get. Aside from great stuff is, how do I stay on track?

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So we have spent a considerable amount of time and energy as a team really sitting down and taking all that we provide for you at Limless, and giving you a clear and concise path to follow.

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So this year you'll get the guidebook which will walk you through the limit of this program map.

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If you're in your one year, 2, your job is to complete all the lessons on that path, or the ones that are most appropriate to you, we're all going to start with those base camp lessons because we want to hit the trail.

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So your job is to every year start with base camps to set yourself up for success.

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Follow that limitless learning path. It is not necessarily a linear path, one foot, one pat, one lesson in front of the other.

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They're divided into 4 categories based on the 4 retreats.

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And we'll talk in just a second about how we're gonna help.

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You choose your own adventure so you can follow along and do them in order.

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But you also have the ability of the 9 shifts that we talk about.

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We're going to do those base camp lessons to set you up for success as we're doing today.

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And with the value, productivity and growth, retreats we'll be covering the other 6 shifts that will really set you up to build that no limits, practice and life.

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The path will look like this again. We're doing performance retreat. Today.



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We do these? Because whether you're an advisor tennis shoemaker, or a stay at home, mom, these are the things that legitimately were staying home.

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Dad would be completely equitable. There, these are the things that are gonna set us up for success on our lives, which we're gonna talk a lot more about today.

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When you then get into the business, your client model is your engine.

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Those are the decisions you wanna make next. And then from there you're in a room prime position to make decisions around staffing operations and growth which are the productivity and growth retreat.

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So that's why we order them that way. The cool thing about choose your own adventure is if you want to rate, take the marketing path and go visit the marketing hut before everyone else gets there.

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The the platform in the system are designed for you to do that so here's all the information on retreats which has been sent to you in a number of emails.

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But once again, just in case you have it.

