

NEWS & EVENTS

- ☑ Feb. 06: Mindset Office Hours (Coach Liz, 1:00–2:00 PT)
- ☑ Feb. 13: Practice Office Hours & Mastermind Calls
- ☑ Feb. 20: Limitless Closed (Presidents Day)
- ☑ Feb 27: Practice Office Hours (Coach Lauren)

COACHING CHECK INs

- **Lifestyle: Virtual and Legacy**
 - Monthly Check-In emails (share your update)
 - Office Hours (Mondays 1:00–2:00 PT)
 - Tribe Community
 - *If requested, come to next Office Hours*
- **Lifestyle: Live**
 - Monthly Check-In emails (share your update)
 - Office Hours (Mondays 1:00–2:00 PT)
 - Tribe Community (peers and coaches)
 - 1:1 Coaching Sessions with Advisor Coaches (schedule via Website Coaching Center - Support)
 - 1:1 Strategy Calls with Practice Coach Lauren (schedule via email after your Practice Diagnostic)



PRACTICE DEVELOPMENT COACHING CALL

FEBRUARY 6, 2023



STEPHANIE
BOGAN



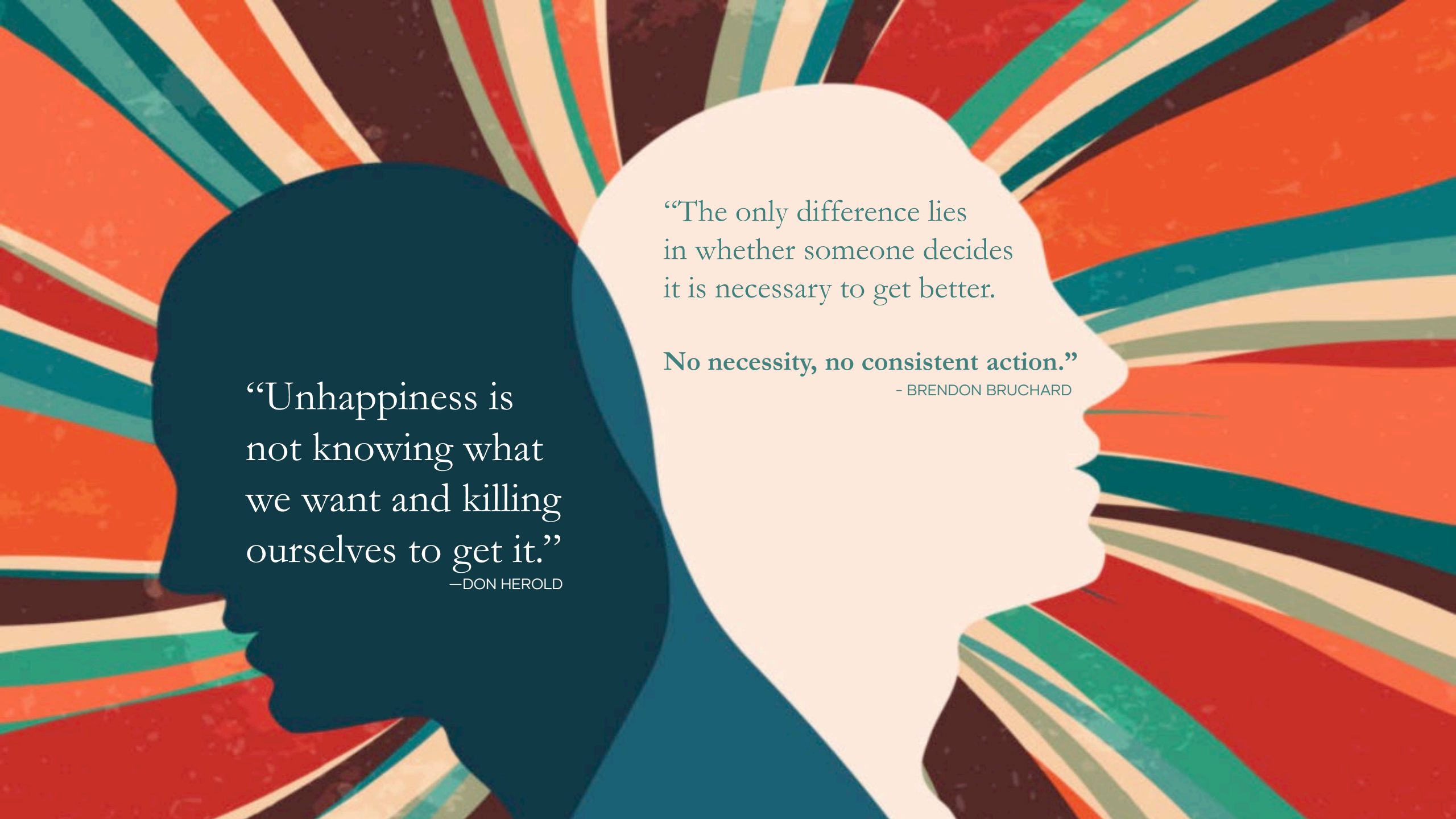
JARROD
MUSICK



TIFFANY
CHARLES



LIMITLESS



“Unhappiness is
not knowing what
we want and killing
ourselves to get it.”

—DON HEROLD

“The only difference lies
in whether someone decides
it is necessary to get better.

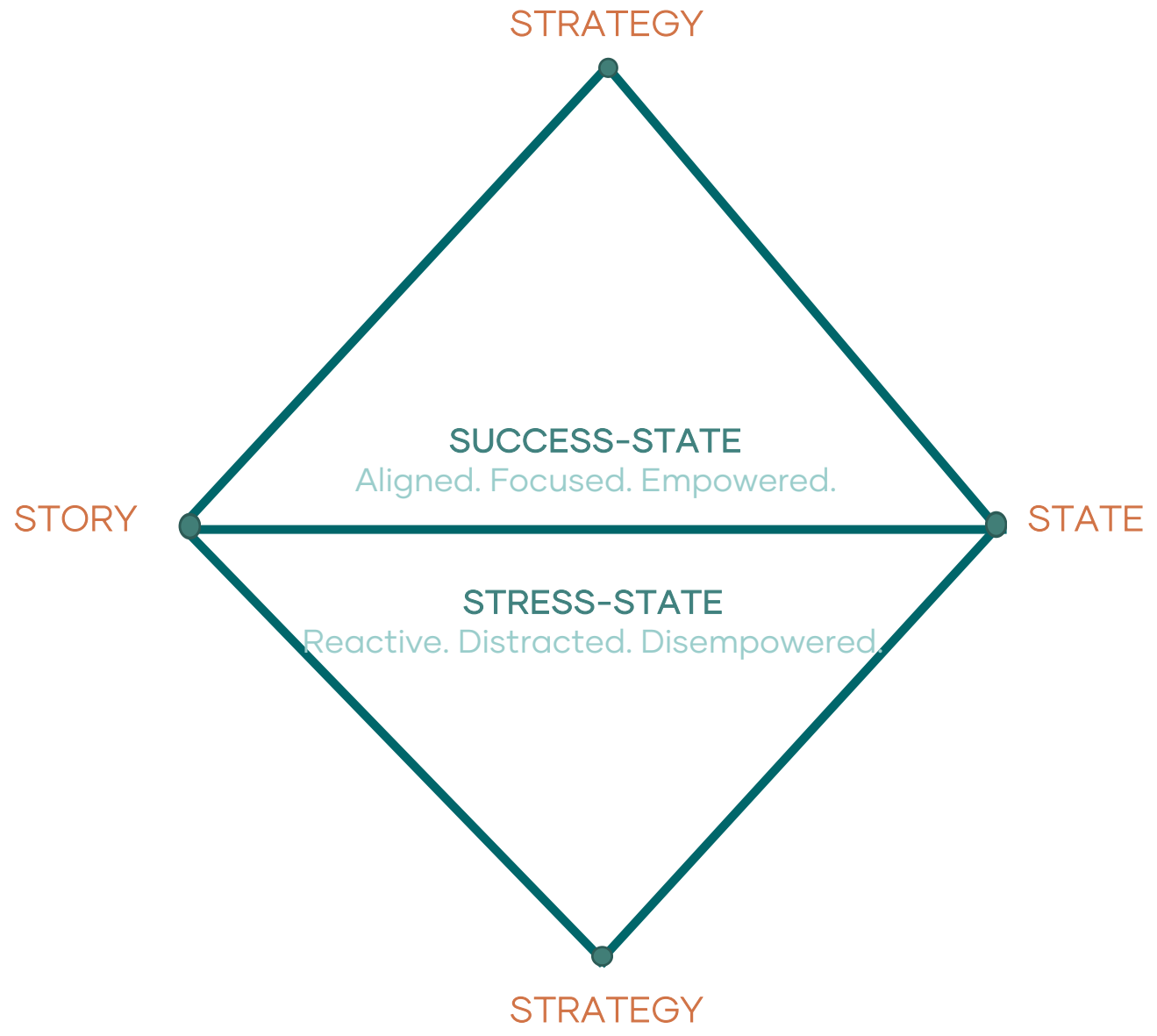
No necessity, no consistent action.”

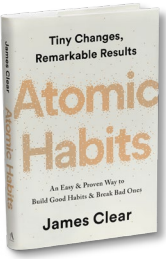
— BRENDON BRUCHARD

Hab·it

'habet

1. a routine or practice performed regularly; an automatic response to a specific situation





THE HIGHLIGHTS

☑ SMALL HABITS ARE INVISIBLE AT FIRST

All habits compound, working for you or against you, so it's worth taking command of your habits

☑ YOUR IDENTITY SHAPES YOUR BEHAVIOR

Your brain will work to align your behavior with your identity; we don't like being incongruent

☑ FOCUS ON SYSTEMS, NOT GOALS

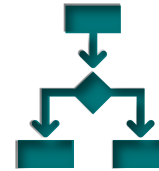
"You do not rise to the level of your goals. You fall to the level of your systems."



START SMALL



RIG YOUR ENVIRONMENT



MAP OUT A TRIGGER, BEHAVIOR & REWARD



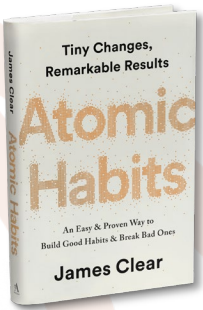
ENLIST A COMMUNITY



REPLACE YOUR JUDGMENT WITH COMPASSION



THE 4 LAWS



1 CUE: MAKE THE HABIT OBVIOUS

2 CRAVING: MAKE THE HABIT ATTRACTIVE

3 EASE: MAKE NEW HABITS EASY TO PERFORM

4 REWARD: MAKE YOUR NEW HABITS SATISFYING

The Jar Method

For more...

By James Clear
<https://www.jamesclear.com/atomic-habits>
<https://www.youtube.com/watch?v=12072121299>
clear@jamesclear.com
www.jamesclear.com/atomic-habits

THE FIRST LAW: MAKE IT OBVIOUS

- 1.1 Write down current habits to become aware
- 1.2 Use implementation intentions "I will X at Y in Z"
- 1.3 Use habit stacking: "After I do X, I will do Y"
- 1.4 Design your environment. Set up visual habit cues.

THE SECOND LAW: MAKE IT ATTRACTIVE

- 2.1 Use temptation bundling. Put want with need.
- 2.2 Join culture where desired behavior is normal
- 2.3 Create a motivation ritual; take a + action after -
- 2.4 Design your environment. Set up habit cues to prompt.

THE THIRD LAW: MAKE IT EASY

- 3.1 Reduce friction. Reduce # of steps to goal.
- 3.2 Prime your environment to make habits easier
- 3.3 Master the decisive moment. Optimize small
- 3.4 Use 2-min rule. Scale down habits to 2 min or less
- 3.5 Automate habits. Use tech/tools to lock in behaviors

THE FOURTH LAW: MAKE IT SATISFYING

- 4.1 Use reinforcement. Immediate reward when habit
- 4.2 Make + habit enjoyable. See benefits of avoiding -
- 4.3 Use habit tracker. Track streak, don't 'break the chain'
- 4.4 Never miss twice. When you skip, get back on track

INVERSION OF THE 1ST LAW: MAKE IT INVISIBLE

- 1.5 Write down current habits. Be aware of what helps, what hinders

FOR BUILDING

INVERSION OF THE 2ND LAW: MAKE IT UNATTRACTIVE

- 2.5 Reframe your mindset. Note benefits of avoiding bad habits

AND BREAKING

INVERSION OF THE 3RD LAW: MAKE IT DIFFICULT

- 3.6 Increase friction. Increase # of steps between you & bad habits
- 3.7 Use a commitment device. Restrict future choices to good ones

HABITS

INVERSION OF THE 4TH LAW: MAKE IT UNSATISFYING

- 4.5 Get an accountability partner. Ask someone to watch behavior
- 4.6 Make habit contract. Make cost of breaking public and painful



CUE



CRAVING

--pattern
interrupt--



RESPONSE



REWARD

"The quality of our lives depends on the quality of our habits."

-JAMES CLEAR



**THE 21 DAYS TO BREAK A HABIT RULE
(IS A MYTH)**

In 1960's plastic surgeon Maxwell Maltz published Psycho-Cybernetics



**THE 66 DAYS TO BREAK A HABIT AVERAGE
(IS BASED ON RESEARCH)**

2009 research showed average of 66 days; with range from 18 to 200

LIMITLESS

You can be, have, achieve and experience anything you desire

You simply have to be willing to do the work

(THE WORK)

1. Upgrade your identity
2. Raise your standards
3. Build systems bigger than the resistance you will face
4. Take small actions, consistently
5. Lather, rinse, repeat

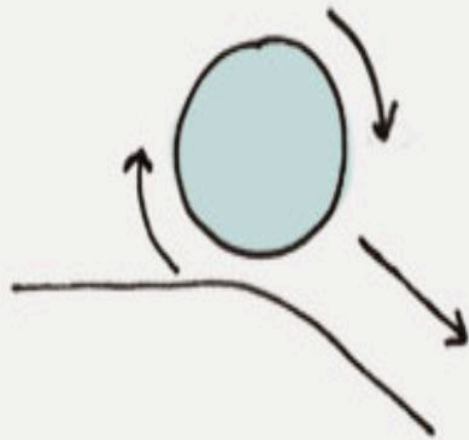
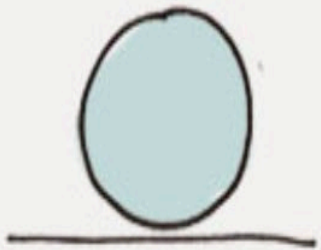


TERMS &
CONDITIONS



THE PHYSICS OF PRODUCTIVITY

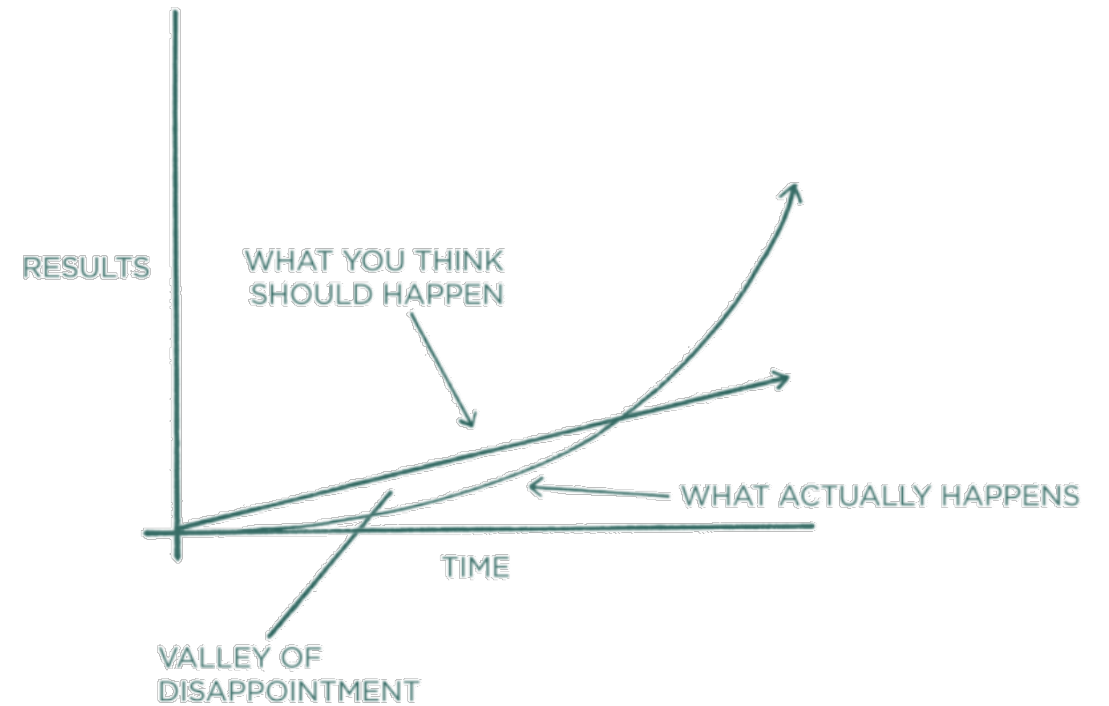
OBJECTS IN MOTION TEND TO STAY IN MOTION.



GET STARTED.

HABITS DON'T EFFECT CHANGE UNTIL YOU OVERCOME THIS PLATEAU

THE PLATEAU OF LATENT POTENTIAL



WHERE'S YOUR HAPPY, HIGH PERFORMANCE ZONE

+

SUCCESS STATE



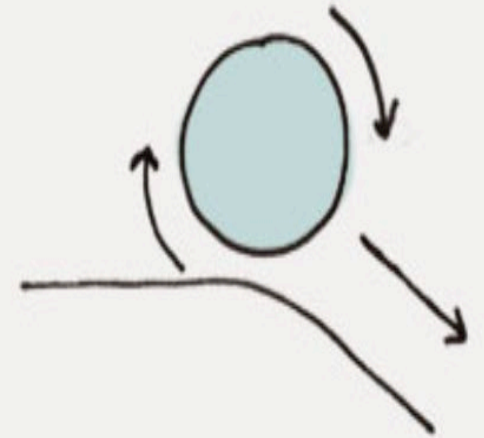
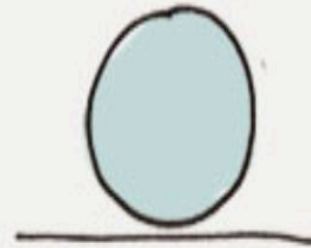
STRESS STATE

-

- What ZONE have you been operating in?
- What is your personal HPH zone?
- What habits take you out of your HPH zone?
- What do you need to account for?

THE PHYSICS OF PRODUCTIVITY

OBJECTS IN MOTION TEND TO STAY IN MOTION.



GET STARTED.

BUSINESS SYSTEMS



- 1 ALIGNED
- 2 EFFECTIVE
- 3 ENJOYABLE

PERSONAL SYSTEMS

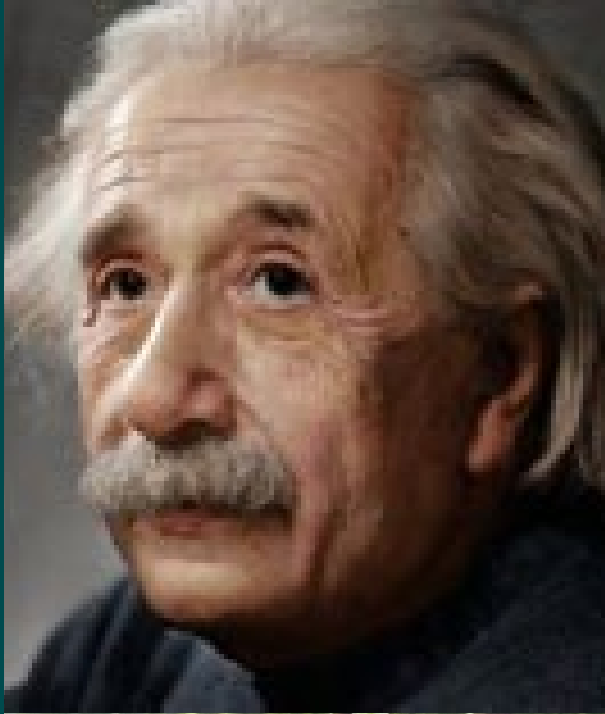


- 1 ALIGNED
- 2 EFFECTIVE
- 3 ENJOYABLE

**YOUR SYSTEMS ARE
PERFECTLY DESIGNED**

TO CREATE THE RESULTS THAT YOU'RE GETTING

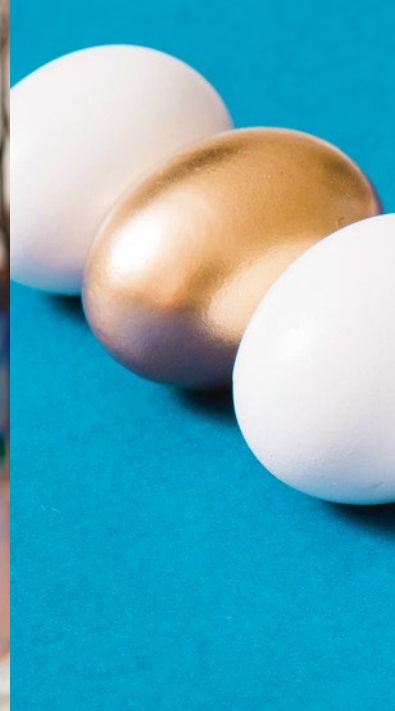
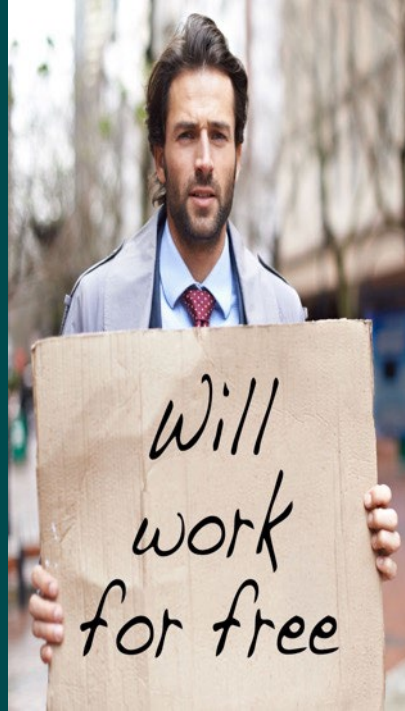
THOUGHT HABITS



BEHAVIOR HABITS



BUSINESS HABITS



A PERSONAL OPERATING SYSTEM

FOR GETTING THE TONGUE IN YOUR MOUTH AND THE TONGUE IN YOUR SHOES MOVING IN THE SAME DIRECTION

- **CLARITY**

A clear vision of who, what and why
Review in Friday Check-In

- **TRANSPARENCY**

A system for real-time feedback, insight & change
Use Success Shifter daily; review in Friday Check-In

- **ACCOUNTABILITY**

Personal and Peer accountability systems
Join Feb. Success Sprint, post Friday Check Ins
in dedicated Tribe Room (Feb. Success Sprint)

MY LIMITLESS LIFE

My Big Why

To have the resources and freedom to enjoy a big, bold, badass, beautiful life that allows me to experience life in the ways that matter most to me. I want to enjoy an abundance time with those I love, pursue my passions in work and life, empower me to live my best, most meaningful life and teach others to do the same while giving back in ways that make a difference.

Who I am...

- Physical: I am healthy, energetic and vitality. I am fit, active and strong, and I look and feel great.
- Emotional: I am emotionally whole, happy, healthy and grounded. I am at peace with myself and others.
- Spiritual: I am aligned, growing and embrace my journey with acceptance, joy and gratitude.
- Financial: I am wealthy, and money flows to me easily. I have more than I can spend on my abundance.
- Relationships: I have a healthy, thriving relationship with my husband and children. I am surrounded by amazing women. I am a respected, positive force in my communities.
- Professional: I am a respected, impactful, conscious leader that builds and invests in others and a Chief Possibility Officer that empowers founders to elevate their work, and I speak, write and coach worldwide helping people work with greater success.
- Personal: I deeply love and accept myself. I am empowered, abundant and I am proud of.

1-year Goals

- Celebrate my 50th birthday year fully, take a major trip with family, connect with loved ones.
- Continue therapy/coaching: whole body health, emotional healing, and spiritual growth.

Success Shifter

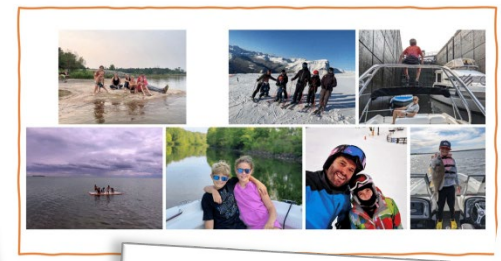
FEBRUARY 2023

WELLBEING	GOAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
Eng. Inspire & Motivate	30	1	1	1	1	1	1	1																											
de-Engage, Unplug	31																																		
100% Rest	24	1	1	1	1	1	1	1																											
Learning	12	1	1	1	1	1	1	1																											
W & COMMUNITY	20	1	1	1	1	1	1	1																											
Eng. (with PK)	8	1	1	1	1	1	1	1																											
Eng. with Sharon (class)	4	1	1	1	1	1	1	1																											
Eng. w/Travis	4	1	1	1	1	1	1	1																											
Time with PK	2	1	1	1	1	1	1	1																											
1/2 Reading Time	12	1	1	1	1	1	1	1																											
Homework Checks	20	1	1	1	1	1	1	1																											
ACTIVITY																																			
Clarity Start	20	1	1	1	1	1	1	1																											
1 Email 2x/day	20	1	1	1	1	1	1	1																											
1 Email Lauren	20	1	1	1	1	1	1	1																											
1 Email Lauren	20	1	1	1	1	1	1	1																											
1 Check In	4	1	1	1	1	1	1	1																											
1 Workout	4	1	1	1	1	1	1	1																											
1/2 SS	8/2	8	8	8	8	8	8	8																											
1/2 SS	12	1	1	1	1	1	1	1																											
1/2 SS	4	1	1	1	1	1	1	1																											
1/2 SS	12	1	1	1	1	1	1	1																											
1/2 SS	2	1	1	1	1	1	1	1																											
1/2 SS	24	1	1	1	1	1	1	1																											

JED'S LIMITLESS LIFE

My Big Why

To simplify my practice through insanely simple and effective processes so that I can create time, opportunities, and great experiences for myself and the people in my life.



51MM REVENUE
80 DAYS 000
32 HOUR WEEKS
60% EBOC
80 IDEAL CLIENTS

30 Day Success Sprint

Join our 30-Day Success Sprint!

Kathryn Waller
Program Coordinator

Get clear, get focused and get to work together with your Good Vibes Tribe and ~ Coach Stephanie during our 30-Day Success Sprint based...

Significant Accomplishments this week:

- We have almost 200 people (199 at the moment) from Nike, Intel and Microsoft registered for our webinars next week
- Had a difficult, but I think productive, with our bank regarding loan covenants 🙄. (The loan was for the buyout of our founder.)
- I posted 3 short videos to LinkedIn

What makes it significant?

- Hopefully, we get some good leads (and ultimately clients) from the presentations next week. Really happy with the turnout from A
- Well, we need to keep them on our good side. We funded the loan last July and revenue is down since the loan was underwritten
- Trying out a new marketing tactic in the most uncomfortable way possible

Accountability Actions:

- Last week: n/a
- This week: I'll post 1 video to LinkedIn next week

Asks:

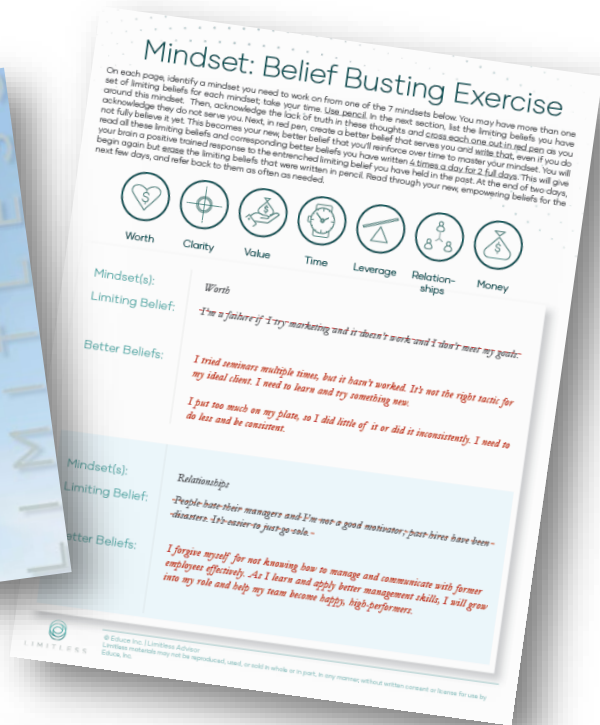
- n/a

Success Shifter



FEBRUARY 2023		GOAL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	1	2	3	TT		
HEALTH & WELL BEING																																				
Morning Routine & Meditation	24	1	1	1	1			1																										5		
Outside Activity	31						1	1																											2	
Exercise (yoga, ski, run)	24		1				1																												4	
Intermittent fast	24	1	1	1			1																												1	
Ski days	12						1																												4	
Daily Learning	20	1	1	1	1																														2	
FAMILY & COMMUNITY																																				
Walk dog (with PK)	8		1		1																														2	
Date night with Damon (Tues)	4		1																																1	
Girls Night w/Emma	4				1																														1	
Hang time with PK	2	1																																	2	
Family Reading Time	12		1		1																														3	
Daily Homework Checks	20	1	1	1																															2	
PRODUCTIVITY																																				
Daily Clarity Start	20	1	1	0	-	-																													7	
Check Email 2x day	2/d	2	3	2																															1	
Check in w/Lauren	2/w	1																																	1	
Check in w/Jackie	2/w	1																																	0	
Friday Check In	4			0																															25	
Hours worked	6/d	8	8	5	4																														2	
BUSINESS																																				
Check Tribe	12	1	1																																2	
Shoot videos	4																																		2	
Member calls	12	2																																	5	
Leaders Calls / Check Ins	24	3		2																															7	
DAILY REVIEW																																				
HPH Vibes Day		1-10	7	7	6	8																														





CLARIFYING YOUR THOUGHT HABITS:

When/in your work and life are you persistently experiencing negative feelings?

What are the thought habits (belief systems) behind these feelings?

What are the feelings you want to experience more of?

What needs to change for this to happen?

SHIFTING YOUR THOUGHT HABITS:

The next time I feel a negative emotion come up, I will tell myself...

The next time a negative situation arises at work, I will take this action...

The three affirmations I could say every morning to prompt positive feelings are...

I Regularly Take These Actions / Do These Activities That Align With My Why, Vision, Energy...

1

2

3

I Regularly Take These Actions / Do These Activities That Do Not Align With My Why, Vision, Energy...

1

2

3

If I Were Going To Stop Doing Three Things That Would Bring Me Closer To My Why, Vision, Energy...

1

2

3

Stop Doing Three Things That Dilute My Why, Vision, Energy...

1

2

3

I Regularly Take These Actions / Do These Activities That Align With My Why, Vision, Energy...

1

2

3

I Regularly Take These Actions / Do These Activities That Do Not Align With My Why, Vision, Energy...

1

2

3

Start Doing Three Things That Would Bring Me Closer To My Envisioned Self & Future

1

2

3

Stop Doing Three Things That Dilute My Envisioned Self & Future

1

2

3

30 Days to Happy, High Performing Habits

1. Kickoff February 1
2. James Clear course + Limitless Tribe
3. Complete & print Success Shifter
4. Track habits daily
5. Friday Check-Ins (with self, post on Tribe)



You'll be amazed at the
difference 30 days can make





LEARN MORE

- *Atomic Habits, James Clear*
- *The Power of Habit, Charles Duhigg*
- *High Performance Habits, Brandon Bruchard*
- *10% Happier, Dan Harris*
- *212, Sam Harper & Mac Anderson*
- *Taking Agency over your Time (article) Stephanie Bogan, Kitces.com*



ADAPT & APPLY

- Use the reflection questions on slides 18-19 to get clear on your current and envisioned identity; identify habits that do and don't align
- Use the Mindset: Belief-Busting Workbook to address core beliefs that may be holding you back
- Identify limiting beliefs and use "catch & correct" to replace with new identity affirmations
- Read the Success Shifter Guidebook and set up your Success Shifter



TAKE ACTION

- Identify Top 3 habits that hinder you from greater productivity, success & well-being; add to Success Shifter
- Identify Top 3 happy, high performing habits that reflect your identity, values and goals; add to Success Shifter
- Use Success Shifter (daily) to track and build new and better habits
- Hold Friday Check Ins to review your progress, stay clear, focused and on track



LIMITLESS Q&A