

# 3 SIMPLE STEPS

## TO LEVEL-UP YOUR LIFE AND BUSINESS

### This is YOUR time to build the best year ever.

If you're ready for more meaning and money in your work, more freedom and energy in your life and business growth, and more happiness and peace in ALL your relationships, this is your "quick-start" to get there.

In this Training, we're going to explore 3 powerful steps you can take action on TODAY to beat *boredom*, *burnout* and *breakups* and make this **your best year yet**.

#### STEP 1: Find the **Meaningful Purpose** in your work.

- If you feel empty in your work, it's likely because you've been sold the wrong PURPOSE.
- "The Dollar Drama" is the belief that making and spending money is the key to happiness. However, in reality it's a never-ending climb that never *truly* satisfies.
- If you want to gain more MEANING and more MONEY in your work without changing *what* you do much at all, ditch "The Dollar Drama" and find the Meaningful Purpose in your work.
- When you do, you can keep doing WHAT you've always done, but by upgrading WHY and HOW you do it, you'll be able to **beat boredom**, find greater fulfillment, and attract more sales and better customers.
- Purpose-driven work will set you free from the stress of "The Dollar Drama," improving your health and happiness across the board.
- Plus, when you're driven by both profit AND Purpose, higher profits usually follow anyway!

#### STEP 2: Pivot your process toward **Sustainable Growth**.

- If you feel burned out with "success," it's likely because you've been sold a faulty PROCESS.
- "Hustle" will make you burn BRIGHT until you burn OUT.
- "The Hustle Trap" is a "can't stop, won't stop" approach that is all about results, regardless of the cost. It pursues short-term gains at the expense of long-term freedom.
- **\*\*THIS\*\*** is why so many people who do well financially end up struggling in their habits, health and relationships.
- If you want to unlock more FREEDOM and ENERGY in your personal and business growth, break out of "The Hustle Trap" and pivot your process toward Sustainable Growth.

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- Three “pivots”:
  - 1) Pivot your MINDSET to value long-term stability, not just short-term success;
  - 2) Pivot your GOALS to include not just financial growth, but personal and relational health as well; and
  - 3) Pivot your HABITS to ensure not just productivity, but also sustainability in your life, work and relationships.
- When you do this, you’ll be able to **beat burnout**, lower your stress, avoid overload, and FULLY enjoy the success you’ve worked so hard to earn. This takes place in the form of four outcomes:
  - 1) Lower output *temporarily* (Don’t turn back!);
  - 2) Greater mental/emotional health, more clarity, greater efficiency and higher quality of work;
  - 3) Greater freedom to enjoy your success; and
  - 4) Greater growth over the long-term, financially, emotionally and relationally.

### STEP 3: Embrace a **Healthier Picture** of relationships.

- If you feel frustrated in your relationships, it’s likely because you’ve been sold an incomplete PICTURE of what good relationships are supposed to look like.
- “The Me Mentality” is an approach to relationships that makes them all about YOU. This only sets you up for frustration and resentment.
- If you want to cultivate more happiness and peace in ALL your relationships, both at work and at home, exchange “The Me Mentality” for “The US Mentality”. This healthier picture of relationships makes them not all about you, but about building something *meaningful* together. When you do:
  - 1) You’ll start to LIKE other people more,
  - 2) You’ll start to TREAT other people better, and
  - 3) Other people will likely start treating YOU better in return.
- By embracing “The US Mentality,” you’ll avoid unnecessary problems, experience more joy and freedom in your relationships, and finally be HAPPY with even the difficult people in your life.
- Three important questions:
  - 1) PRIORITY - Who gets how much of you, and why? (See “4 Levels of Relationship” training);
  - 2) COMMUNICATION - How do you get and keep everyone on the same page? (See “LCPR Communication Cycle” training); and
  - 3) CONFLICT - What do you do when people just don’t get along? (See “7 C’s of Healthy Relationships” training).

**When you take these steps, you’ll be able to unlock higher income, healthier growth and happier relationships with less effort, lower stress and lots more fun!**

**Want some more personalized guidance? [CLICK HERE to schedule a FREE Growth Consultation!](#)**