

COACH

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#MAKEYOURMARK

FUNDAMENTALS OF HIGH PERFORMANCE

Coyte Cooper



5 STEPS TO LEAD AT AN EXTRAORDINARY LEVEL

The BIG CRAZY Idea...

- You can perform at such a high level that you blow yourself away by what you are able to accomplish as an individual and as a team.

DO YOU
BELIEVE
THIS
STATEMENT?



Why Not You?

1. THE "STATUS QUO" MENTALITY

- Society, friends, and family

2. THE CRAZY CLUTTER OF LIVING

- Routine + Technology

3. OUR LAZY TENDENCIES

- The wrong habits (INSTANT)



Why fit in
when you
were born to
stand out?

Dr. Seuss

It's Your Call...

OPTION 1

STAY PUT AND SETTLE



OPTION 2

HALF STEP AND GIVE IT A SHOT



OPTION 3

JUMP AND GO ALL IN



Coyle Cooper

5 STEPS TO LEAD AT AN EXTRAORDINARY LEVEL

Five Steps to Lead at an Extraordinary Level



#1 GET YOUR GROWTH ON DAILY

The W² Approach

THE WHY

Base for Greatness

SET THE TONE

FIND YOUR PASSION

THE WAY



Five Steps to Lead at an Extraordinary Level



#1 Get Your Growth On Daily

#2 SET "UNREASONABLE" EXPECTATIONS...
AND WRITE THEM DOWN DAILY

The W² Approach

THE WHY

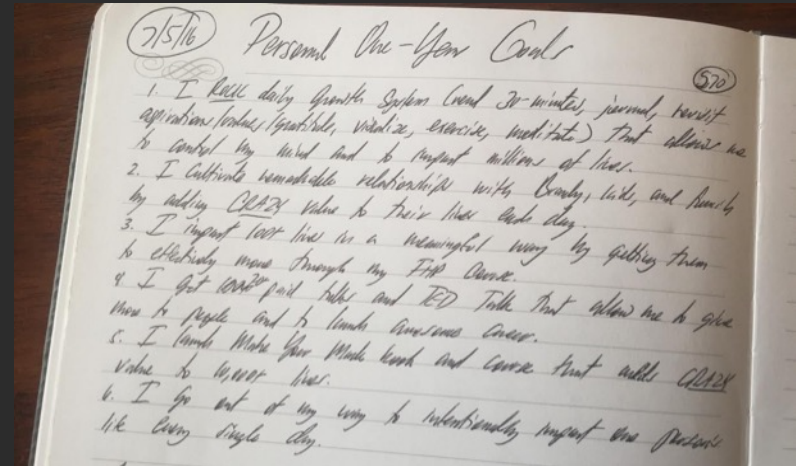
3-97

Clutter

SUBCONSCIOUS BRAIN

MAX POTENTIAL

THE WAY



Five Steps to Lead at an Extraordinary Level



#1 Get Your Growth On Daily

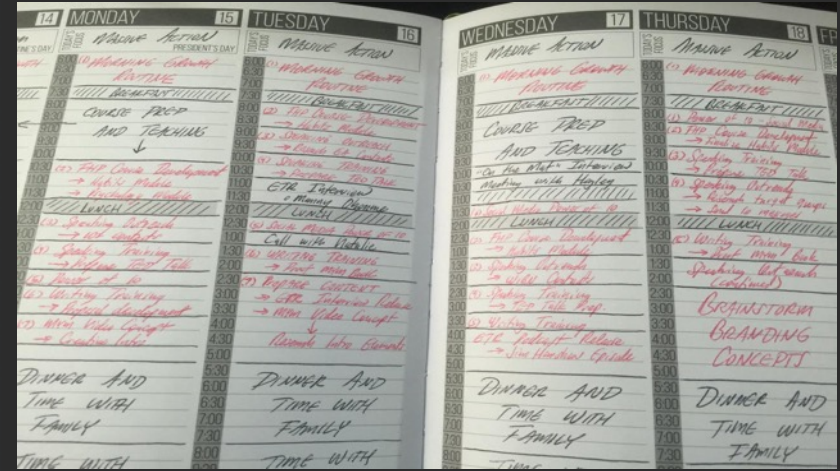
#2 Write "Unreasonable" Expectations

#3 ESTABLISH HIGH PERFORMANCE HABITS

THE WAY

COMPOUND EFFECT

CLOSE THE GAP



Compounding Investment



1. Reading (30 min.)		10,950 minutes, 182 hours
2. Journal (10 min.)		3,650 minutes, 60.8 hours
3. Goals (10 min.)		
4. Visualization (5 min.)		1,825 minutes, 30.4 hours
5. Gratitude list (5 min.)		

10 YEAR COMPOUND INTEREST

- Almost 2 years of development
- The 1000x Rule (Brian Tracy)
- Ph.D. in High Performance

= 21,900 minutes, 365 hours

9 40-HOUR WORK WEEKS!!!



Five Steps to Lead at an Extraordinary Level



#1 Write Intentions Down Daily

#2 Establish High Performance Habits

#4 FOCUS ON G³ EFFICIENCY
(GRATITUDE, GROWTH & GAP)

#3 High Performance Habits

The W² Approach

THE WHY

Efficiency

ELIMINATE FEAR

USE EVERY MINUTE

THE WAY



Five Steps to Lead at an Extraordinary Level



#1 Get Your Growth On

#2 Write Intentions Down Daily

#5 STRIVE TO ASTOUND!!!

#3 High Performance Habits

#4 Focus on G³ Efficiency

The W² Approach

THE WHY

Why Not?

MAKE AN IMPACT

LOVE YOUR LIFE

THE WAY



Show People What's Possible



Gojo Cooper

5 STEPS TO LEAD AT AN EXTRAORDINARY LEVEL

Opportunity Knocks...



FUNDAMENTALS OF HIGH PERFORMANCE

Coz Craper

**UPCOMING
MASTERMIND COURSE
TO DRASTICALLY
ELEVATE YOUR
PERFORMANCE
LEVEL**

Coz Craper

5 STEPS TO LEAD AT AN EXTRAORDINARY LEVEL

The End...

- ☐ Any questions?
- ☐ Thanks for your time!
- ☐ Please contact me if I can do anything at all to help out!!!



HIGH PERFORMANCE

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