



5 Mindful Ways To Boost Performance,  
Reduce Stress,  
And Feel Good Every Day  
(No Matter How Many Speakers Cancel  
Or How Many Events You Are Juggling)

We'll be discussing:

1. Physical & Mindset Tools To De-Stress

2. Techniques To Find Peace In Chaotic Times

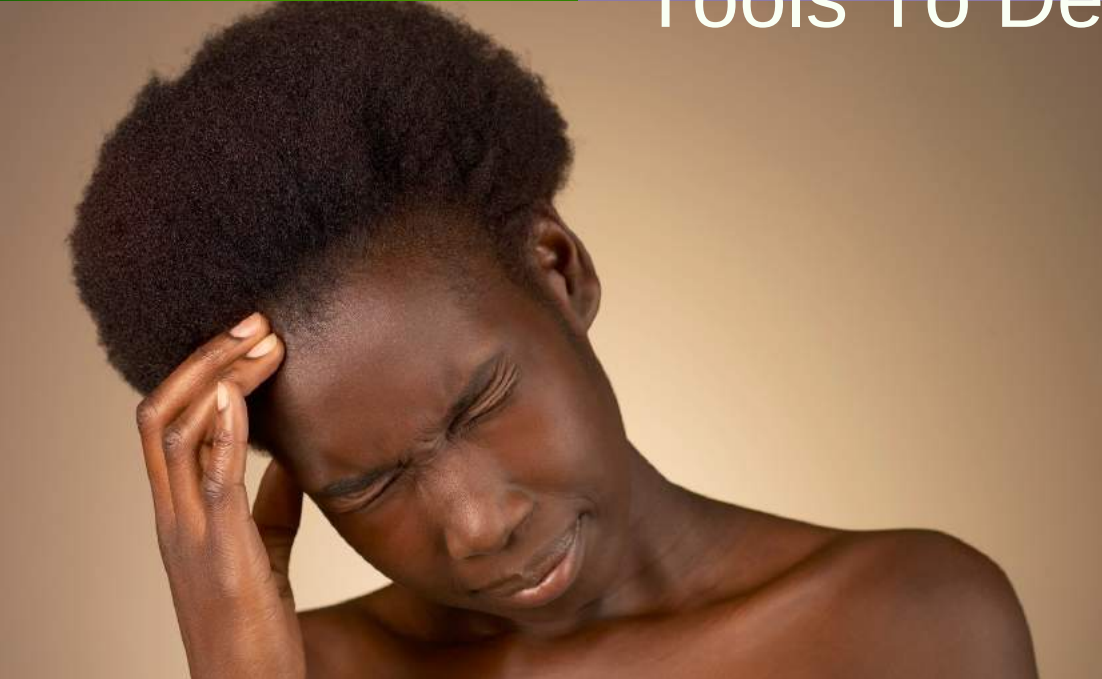
3. Mindfulness Tools for High Performance

But first,  
what mindfulness  
means to me...





Part 1:  
Physical & Mindset  
Tools To De-Stress



We feel overwhelm when we are  
living in the future...




Shift to the present to determine the best next action you can take to alleviate what you are worried about.

With action, comes clarity.  
(Otherwise you'll stay stuck in paralysis.)



If there's nothing you can do in the present to alleviate your worry, then  
**LET IT GO.**



Stress builds  
throughout the day so  
we need to regularly  
release it.

# Name It & Release It – A Mindfulness Trick

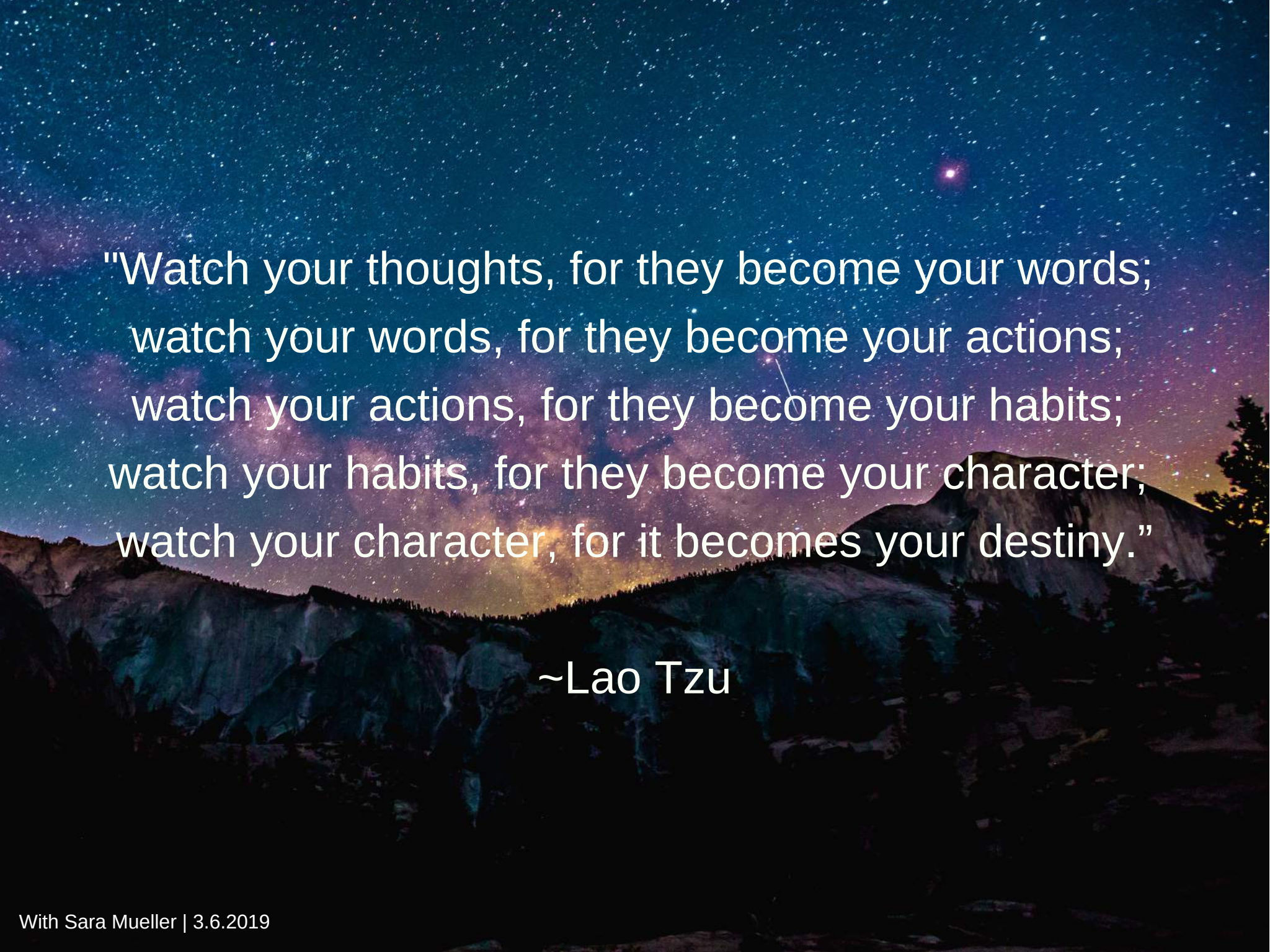
1. Right now I feel \_\_\_\_\_.
2. I know it's \_\_\_\_\_ because I've felt it before.
3. It didn't serve me then and it doesn't serve me now.
4. Right now I release \_\_\_\_\_.



# The importance of MINDSET:



How we view or think about the world  
creates the world we live in.

A night sky with the Milky Way galaxy and a mountain range in the foreground. The sky is dark blue and black, filled with stars and the bright, colorful band of the Milky Way. The mountains are dark and silhouetted against the light of the galaxy. The text is overlaid on the sky in a white, sans-serif font.

"Watch your thoughts, for they become your words;  
watch your words, for they become your actions;  
watch your actions, for they become your habits;  
watch your habits, for they become your character;  
watch your character, for it becomes your destiny."

~Lao Tzu

Everything  
is  
figure-outable!



Approach your day with the intention of excellence, to always do your best.

Understand your best will change from day to day and your best is NOT perfection.

Perfection is procrastination.





## Physical Strategies For Releasing Stress...

Duh! We all know we need to do these things... but we don't. Why not?



You are either making excuses or making it happen. I call BS to your excuses.

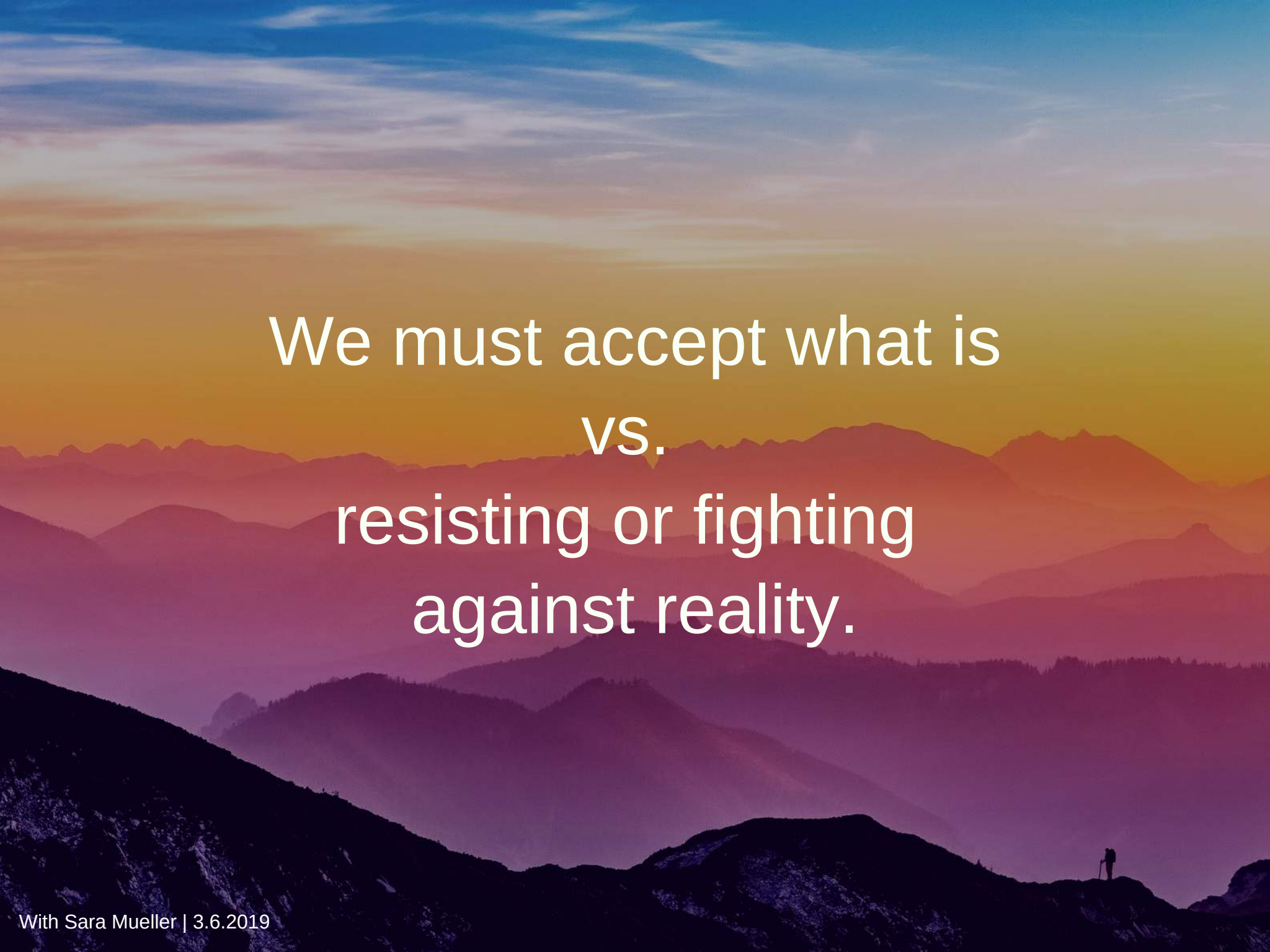


A photograph of a long wooden pier extending from the foreground into a calm sea. The sky is a soft, hazy gradient of orange and yellow, suggesting a sunset or sunrise. The water is still, reflecting the light from the sky. The pier is made of dark wooden planks and leads the eye towards the horizon.

Unplug...



# Part 2: Finding Peace In Chaotic Times

A scenic mountain landscape at sunset or sunrise. The sky transitions from a deep blue at the top to a warm orange and yellow near the horizon. The mountains are silhouetted against the bright sky, with a hiker visible on a ridge in the foreground. The text is centered in white, bold, sans-serif font.

We must accept what is  
vs.  
resisting or fighting  
against reality.



A large, moss-covered tree trunk dominates the foreground, with its roots spreading across a bed of fallen autumn leaves. The background shows a forest with trees displaying vibrant yellow and orange foliage, suggesting a late autumn setting. The text "Know & Remember Your WHYs" is centered over the tree trunk in a white, sans-serif font.

# Know & Remember Your WHYs

Have a set-you-  
up-for-success  
morning  
routine.



# Celebrate Your Successes!



# Part 3: Mindfulness Techniques For High Performance





What  
meditation  
is  
vs.  
isn't.

A collection of tools including a hammer, pliers, a tape measure, and a leather tool bag on a wooden surface.

## Resources:

High Performance Habits by  
Brendon Burchard

10% Happier: How I Tamed  
the Voice in My Head,  
Reduced Stress Without  
Losing My Edge, and  
Found Self-Help That  
Actually Works--A True  
Story  
by Dan Harris

A wooden-framed chalkboard with a black surface is centered on a rustic wooden background. The words "Thank You" are written in white, serif font on the chalkboard. A green leaf is visible in the top right corner, and an orange object is partially visible in the bottom left corner.

Thank  
You