

# PERFORMANCE OPTIMIZER

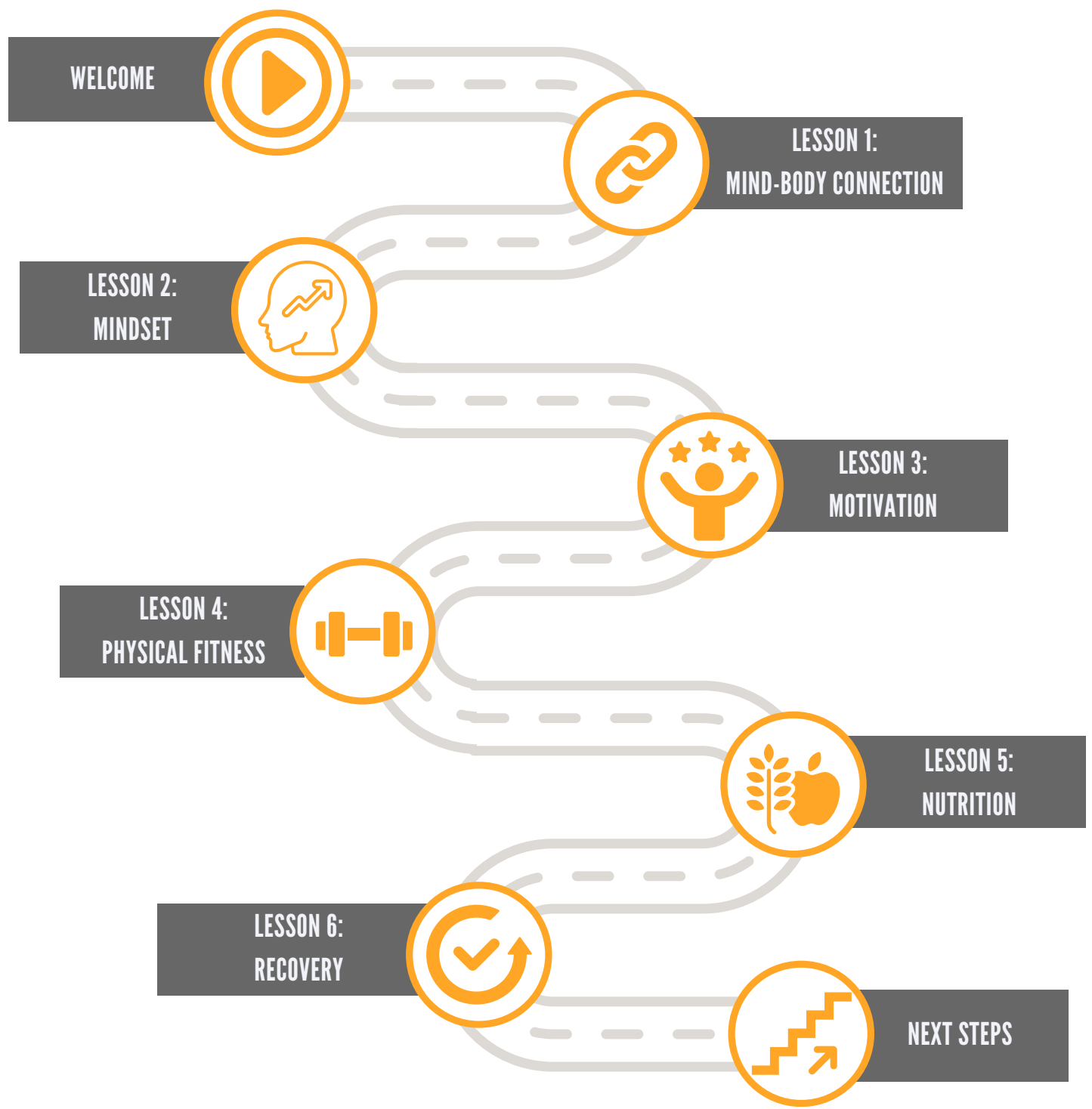
Optimize Your Foundation

## Course Action Guide



## Optimizer Series

# PERFORMANCE OPTIMIZER SERIES OPTIMIZE YOUR FOUNDATION



# Course Guide Overview

This course guide has been carefully designed to accompany you on your journey of building a strong foundation for optimal performance! We've created this guide to help you get the most out of this course.

This guide will help you take the general concepts and ideas taught in this course and apply them directly to your life based on your individual needs. It is action-focused to empower you to take specific steps that will help you optimize your performance in all that you do.

## Tips and Tricks



This course guide is designed to supplement the material in the course, so be sure to keep it handy as you move through the course material. Use the space provided help take the new strategies and techniques you learn and directly apply them to your own life.



Take a moment to schedule in the time to take this course. Find a consistent day to work through the course material. This will help you stay focused and get the most out of the course material.



Remember that you are in control of how much you get out of this course and how impactful the content is for you. Taking action and being consistent will put you ahead of the game and help you achieve the results you want!

# Before You Start...

## What does success look like for you?

To measure success and get the most out of this course, let's start by getting a clear picture of what success looks like for you. Take some time to think about what having a strong foundation for optimal performance looks and feels like for YOU. Write down all the details. Be specific.

## What three qualities do you already have that you can consistently rely on as you build and strengthen your optimal performance foundation?

- 1
- 2
- 3

## In what area do you think you need the most improvement to help you perform at your highest level?

- 1

## What are the top three things you hope to learn in this course?

- 1
- 2
- 3

LESSON 1  
**MIND-BODY CONNECTION**

NOTES

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WHAT ACTIONS CAN BE APPLIED IMMEDIATELY?

Blank area for listing actions that can be applied immediately.

LESSON 2  
**MINDSET**

NOTES

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WHAT ACTIONS CAN BE APPLIED IMMEDIATELY?

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SELF-ASSESSMENT

# What's Your Mindset Baseline?

Your mindset can shift depending on the type of task and your mood, but you have an underlying baseline mindset that influences how you learn, grow, and adapt. Check the boxes below to see if you naturally lean more towards Fixed or Growth.

## FIXED MINDSET

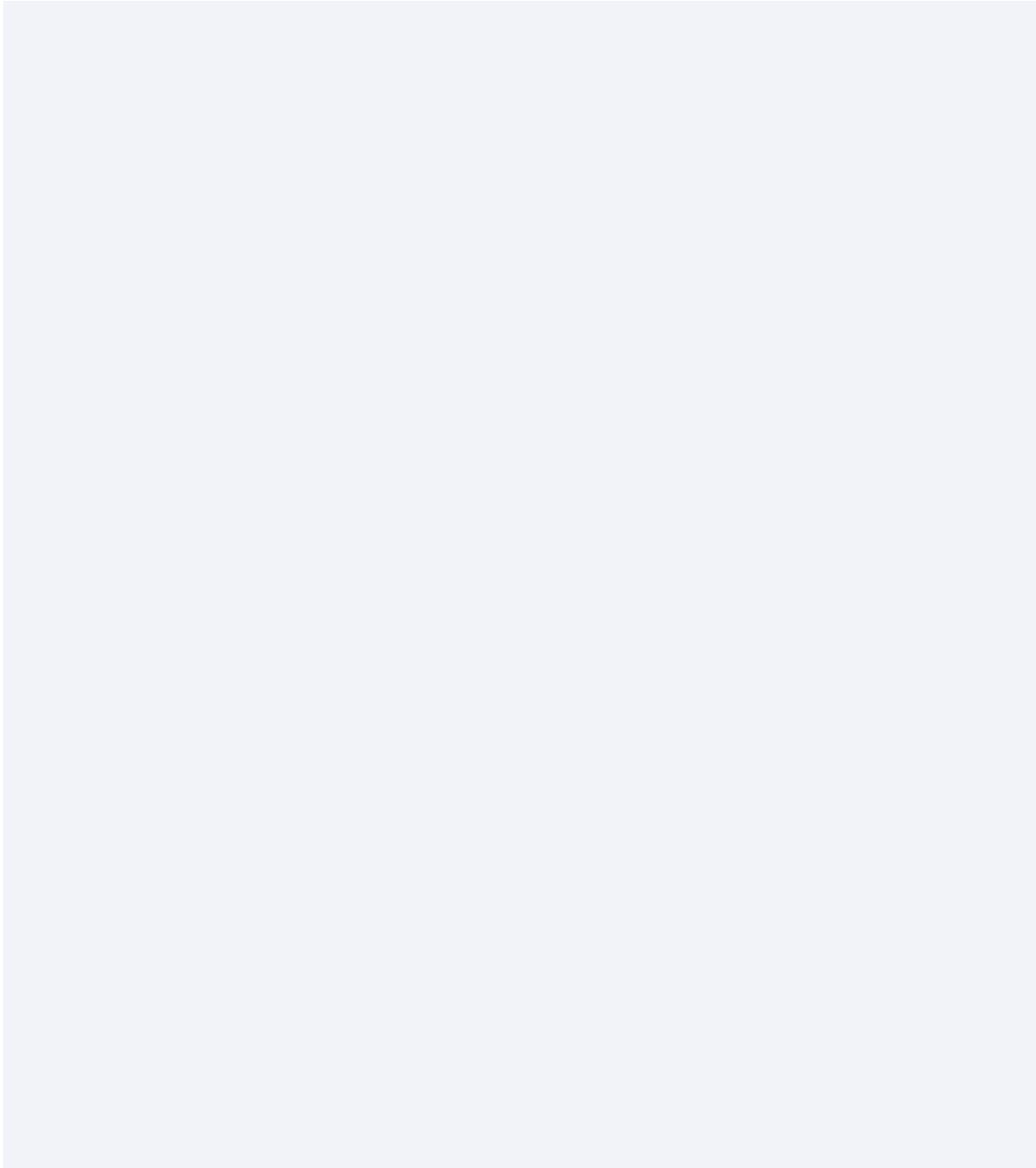
## THIS OR THAT?

## GROWTH MINDSET

FIXED MINDSET	THIS OR THAT?	GROWTH MINDSET
<b>FAILURE</b> <ul style="list-style-type: none"> <li>Gives up easily. Hides failures. Blames others.</li> <li>"Guess it just wasn't meant to be."</li> <li>"I'm awesome. It must've been their fault."</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>FAILURE</b> <ul style="list-style-type: none"> <li>Uses what they've learned to try again. Doesn't take it personally.</li> <li>"I learned how to make it better next time."</li> <li>"Dang. Well, let me try this again..."</li> </ul>
<b>CHALLENGES</b> <ul style="list-style-type: none"> <li>Avoids challenges.</li> <li>"That looks tough. I don't want to embarrass myself."</li> <li>"I don't want to take on that project. It's unfamiliar and I'll make mistakes."</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>CHALLENGES</b> <ul style="list-style-type: none"> <li>Uses what they've learned to try again. Doesn't take it personally.</li> <li>"I learned how to make it better next time."</li> <li>"Dang. Well, let me try this again..."</li> </ul>
<b>EFFORT</b> <ul style="list-style-type: none"> <li>Sees effort as worthless.</li> <li>"If I have to work hard, then I'm not smart."</li> <li>"I'll sacrifice sleep before I sacrifice work. I always give 110%."</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>EFFORT</b> <ul style="list-style-type: none"> <li>Sees effort as a worthwhile investment and a path to mastery.</li> <li>"A little work every day pays off."</li> <li>"This task is tough, but I know I can get it if I keep working at it and take breaks."</li> </ul>
<b>CRITICISM</b> <ul style="list-style-type: none"> <li>Ignores useful criticism. Gets defensive.</li> <li>"I'd like to see them do it."</li> <li>"Maybe I shouldn't even try at all if they're just going to get on me like that!"</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>CRITICISM</b> <ul style="list-style-type: none"> <li>Learns from criticism.</li> <li>"I want to hear your perspective. How can I improve?"</li> <li>"Jeez...that was hard to hear. But, there is a lot of good feedback to help me improve."</li> </ul>
<b>SUCCESS OF OTHERS</b> <ul style="list-style-type: none"> <li>Feels threatened by others' success.</li> <li>"They had a connection that got them that success."</li> <li>"I didn't want to do that anyway."</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>SUCCESS OF OTHERS</b> <ul style="list-style-type: none"> <li>Feels inspired and learns lessons from others' success.</li> <li>"Bummer, I really wanted that. Wonder what they did differently in order to get it?"</li> <li>"Wow! Now I know it's possible!"</li> </ul>

# REFLECT & CONNECT MINDSET

Use the space below to answer the "Reflect & Connect" questions in the Mindset lesson to help you apply these concepts to your own life.





LESSON 3  
**MOTIVATION**

NOTES

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WHAT ACTIONS CAN BE APPLIED IMMEDIATELY?

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# What's Your Why?

Often the true motivator behind your "Why" is much more than you think. Ask yourself "Why" multiple times to dig deeper and identify your true motivator.

**Question #1: Why is this important to you?**

**Question #2: Why is it important for you to [answer from Question 1]?**

**Question #3: Why is it important for you to [answer from Question 2]?**

**Question #4: Why is it important for you to [answer from Question 3]?**

**Question #5: Why is it important for you to [answer from Question 4]?**

**Question #6: Why is it important for you to [answer from Question 5]?**

**How would you classify your true motivator [answer from Question 6]?**

Intrinsic     Extrinsic - Personal Desire     Extrinsic - Reward or Punishment

# Example: What's Your Why?

Often the true motivator behind your "Why" is much more than you think. Ask yourself "Why" multiple times to dig deeper and identify your true motivator.

**What are you trying to do? What is your goal?**

*I want to get into better physical shape.*

**Question #1: Why is this important to you?**

*Being in better physical shape means I will have more energy and stamina.*

**Question #2: Why is it important for you to [answer from Question 1]?**

*Having more energy and stamina allows me to do more stuff with my family.*

**Question #3: Why is it important for you to [answer from Question 2]?**

*I want to be someone my family can rely on no matter what.*

**Question #4: Why is it important for you to [answer from Question 3]?**

*I value reliability, and want to be a dependable person.*

**Question #5: Why is it important for you to [answer from Question 4]?**

*Dependability is an honorable characteristic.*

**How would you classify your true motivator [answer from Question 5]?**

Intrinsic    Extrinsic - Personal Desire    Extrinsic - Reward or Punishment

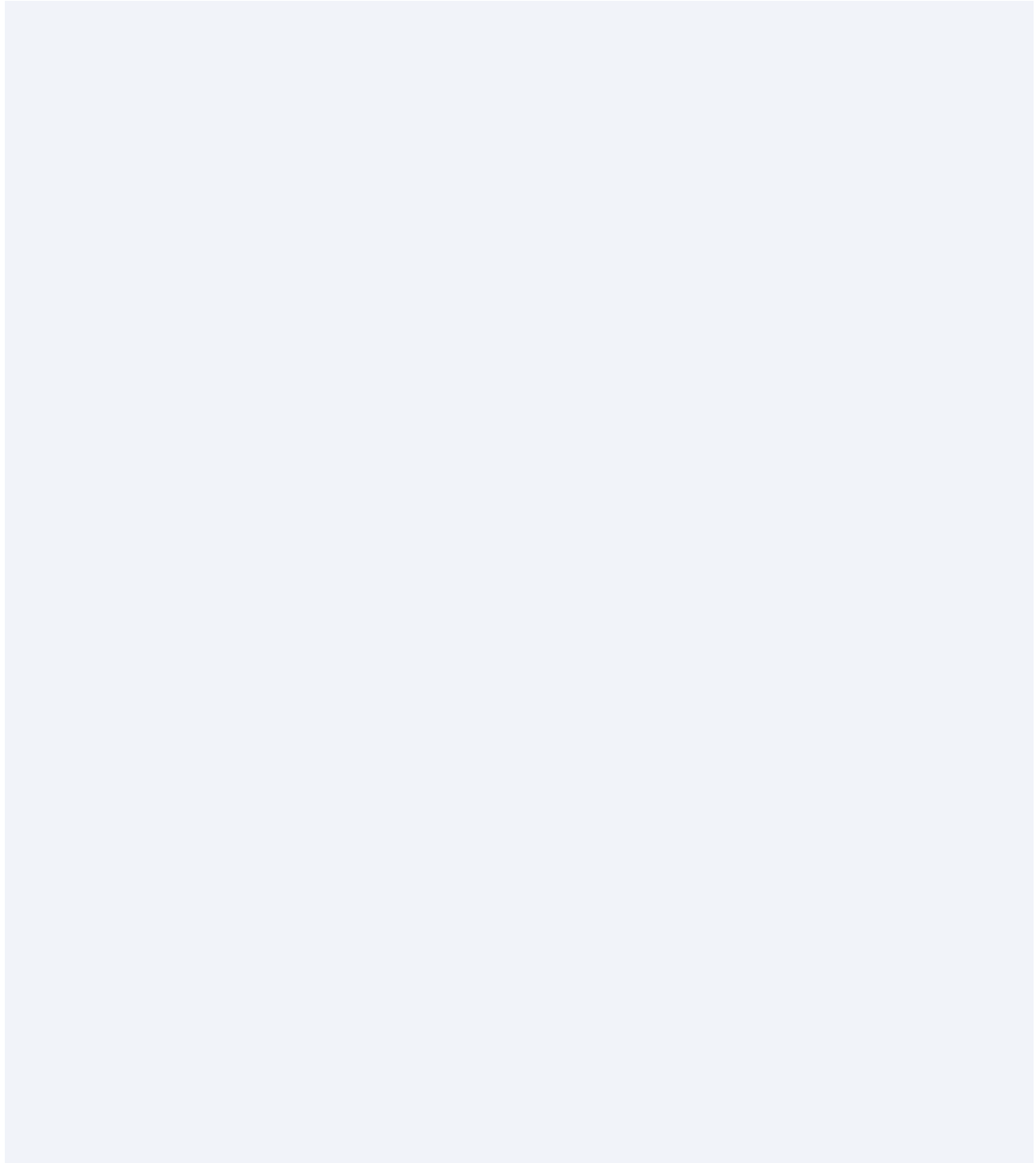
# What Do You Value?

Core values are what represent the most important things in your life, the things you work hard for, and the things that make your life worth living. Out of the 35 values listed below, determine your 4-6 core values.

Respect	Creativity	Service	Loyalty	Wealth
Responsibility	Expertise	Wisdom	Independence	Harmony
Recognition	Achievement	Nature	Leadership	Spirituality
Competence	Leisure	Happiness	Friendship	Control
Adventure	Family	Growth	Stability	Fairness
Challenge	Honesty	Integrity	Religion	Education
Advancement	Innovation	Security	Competition	Excellence

# REFLECT & CONNECT MOTIVATION

Use the space below to answer the "Reflect & Connect" questions in the Motivation lesson to help you apply these concepts to your own life.



LESSON 4  
**PHYSICAL FITNESS**

NOTES

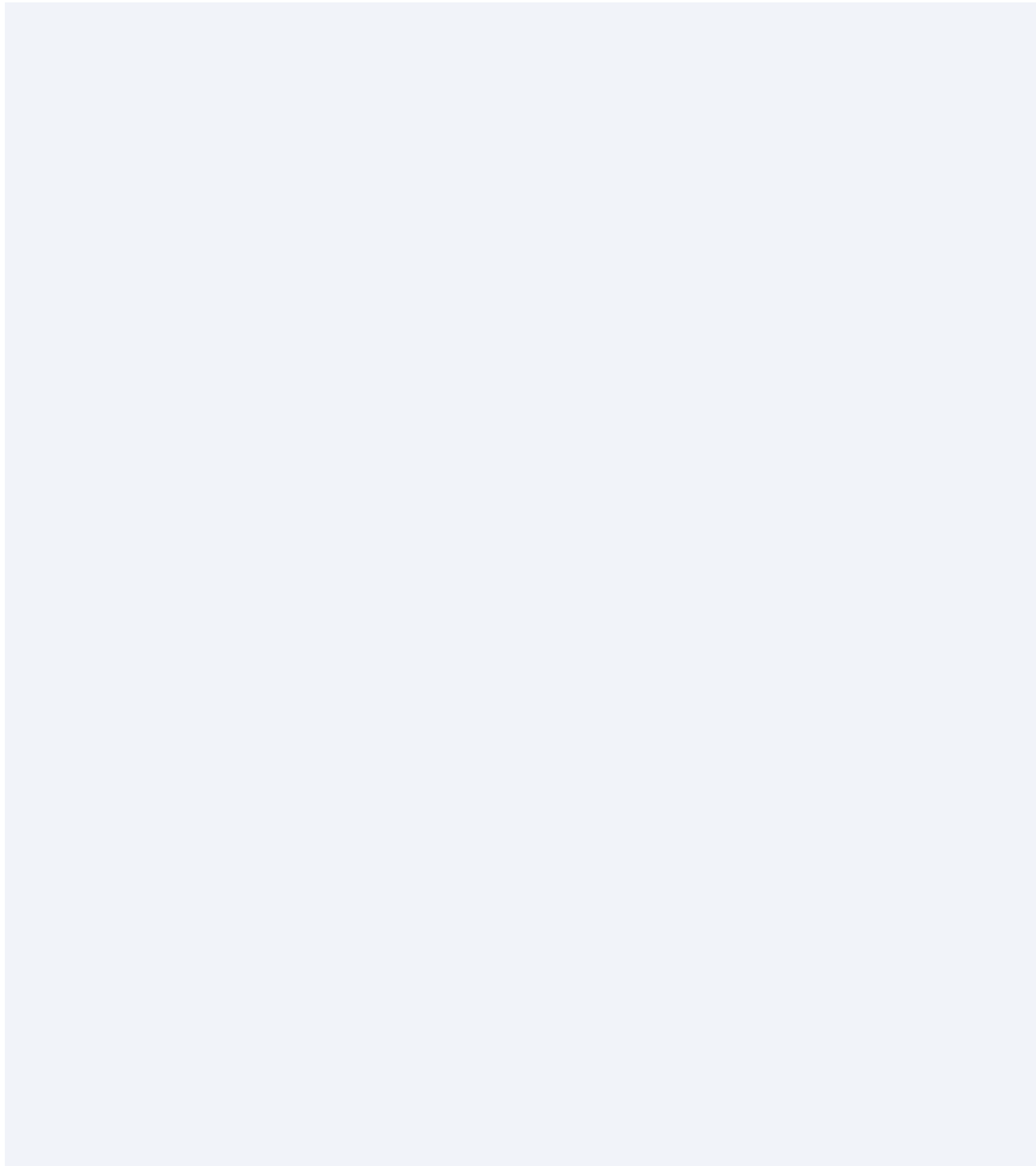
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WHAT ACTIONS CAN BE APPLIED IMMEDIATELY?

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REFLECT & CONNECT  
**PHYSICAL FITNESS**

Use the space below to answer the "Reflect & Connect" questions in the Physical Fitness lesson to help you apply these concepts to your own life.





LESSON 5  
**NUTRITION**

NOTES

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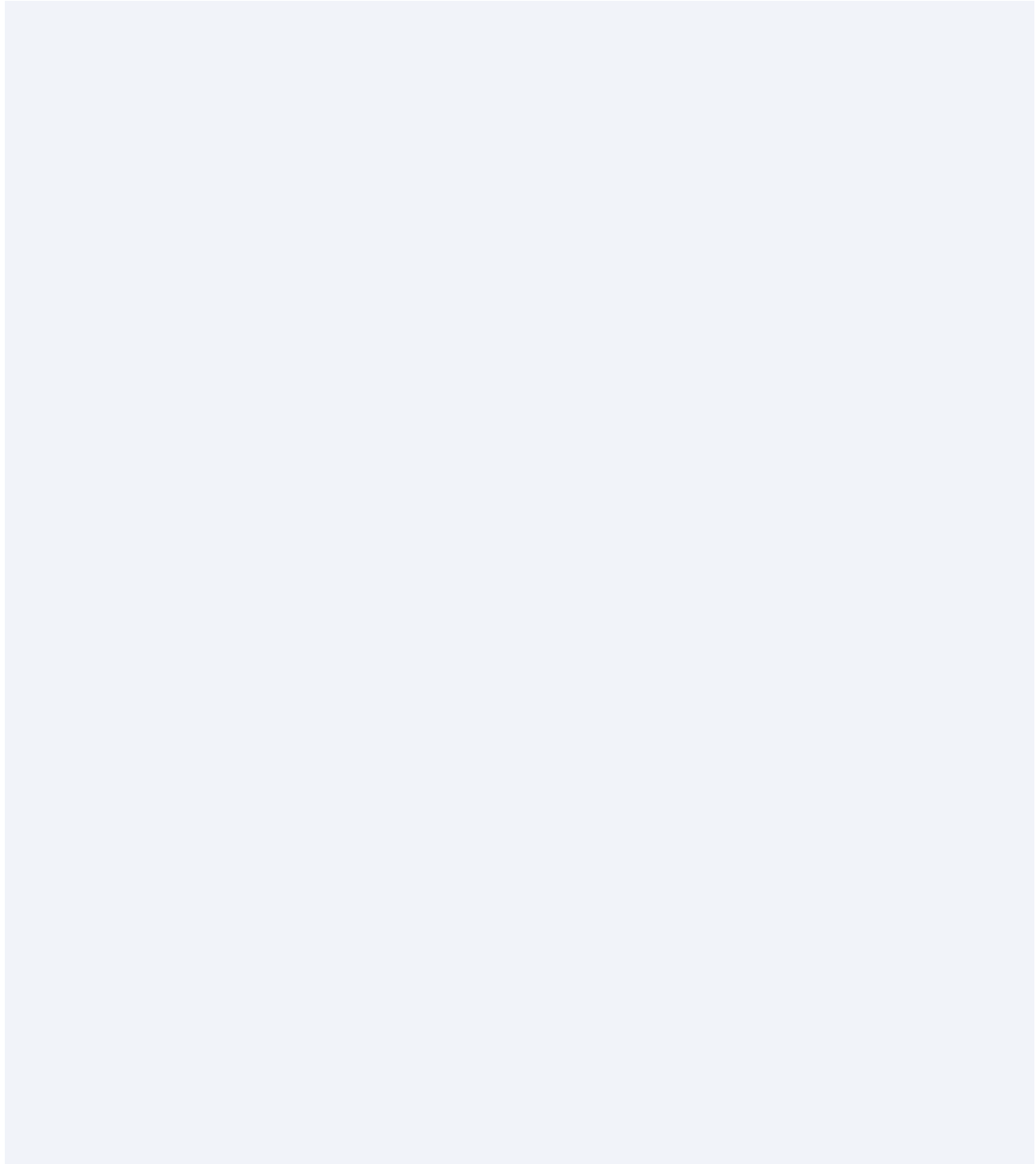
WHAT ACTIONS CAN BE APPLIED IMMEDIATELY?

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# REFLECT & CONNECT

# NUTRITION

Use the space below to answer the "Reflect & Connect" questions in the Nutrition lesson to help you apply these concepts to your own life.



# LESSON 6

# RECOVERY

## NOTES

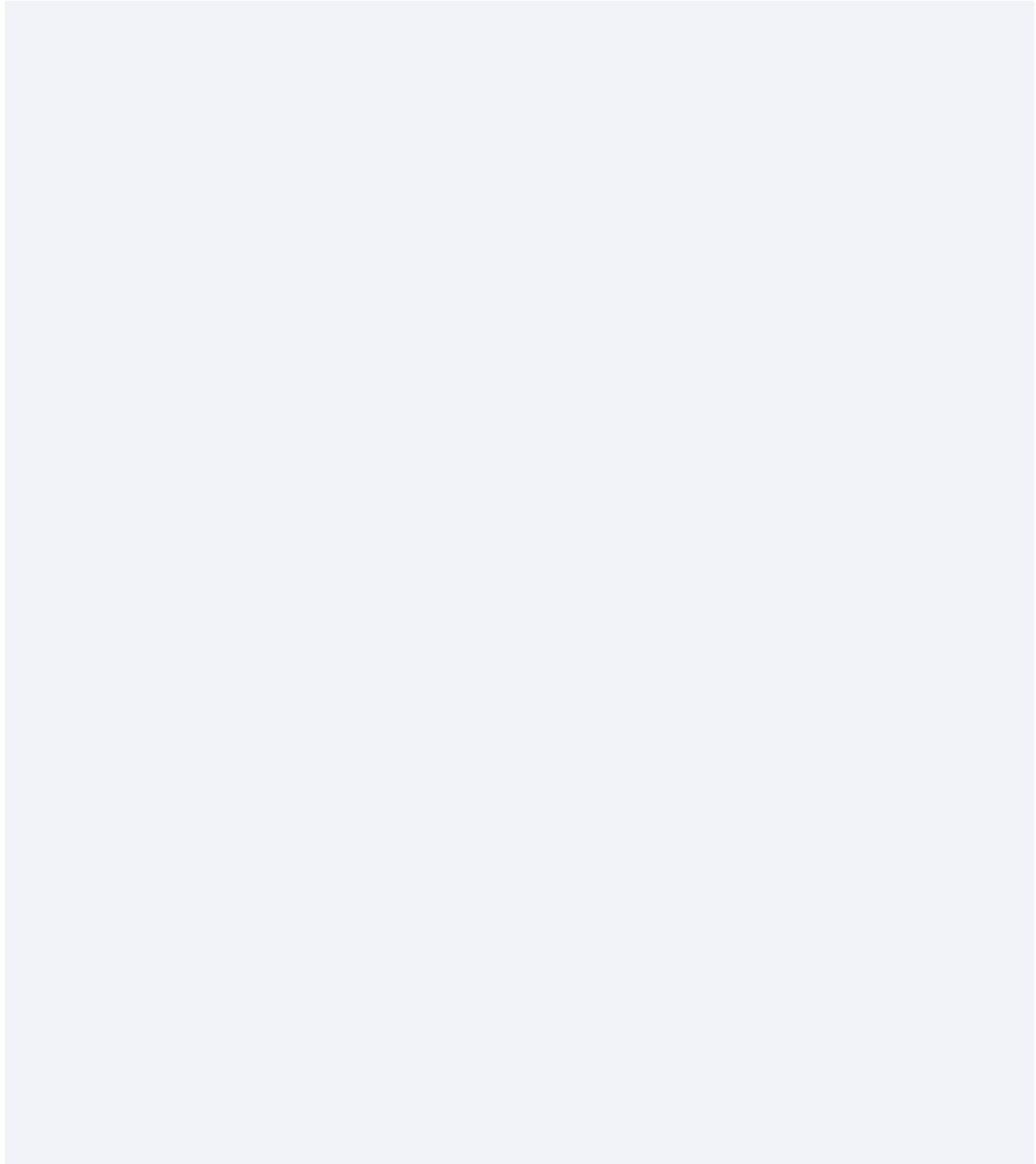
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## WHAT ACTIONS CAN BE APPLIED IMMEDIATELY?

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REFLECT & CONNECT  
**RECOVERY**

Use the space below to answer the "Reflect & Connect" questions in the Recovery lesson to help you apply these concepts to your own life.



# Before You Go...

What are a few of the biggest "ah ha!" moments you've had during this course?

- 1
- 2
- 3

## What is your way ahead?

While your motivation is high, what is your plan for continuing to build a foundation of optimal performance in your life? Write down all the details. Be specific.

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EDGE** PERFORMANCE