4 HABITS TO RADICALLY INCREASE PRODUCTIVITY AND POTENTIAL

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The Big Idea...

➢ You could perform at such a high level that you blow yourself away by what you are able to accomplish.

Do you believe this statement?
JUST WONDERING...

What do you think are the biggest BARRIERS stopping people from getting results they desire?

WHY NOT YOU?

<table>
<thead>
<tr>
<th>1 - Crazy Clutter</th>
<th>2 - Status Quo</th>
<th>3 - Negative Patterns</th>
</tr>
</thead>
<tbody>
<tr>
<td>66%</td>
<td>40,000</td>
<td>Why does it matter?</td>
</tr>
<tr>
<td>54%</td>
<td>12.8/Day</td>
<td>4,672/Year</td>
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<tr>
<td>Only 10%</td>
<td></td>
<td>Limits Ability to Maximize Efficiency, Results and Potential</td>
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4 HABITS TO MAXIMIZE PRODUCTIVITY AND POTENTIAL
WHAT IF YOU COULD...

Thoughts
Emotions
Beliefs

Negate thoughts
40,000

How can I close the gap?
Focused Motivated Passionate
It’s only a matter of time

4 HABITS TO MAXIMIZE PRODUCTIVITY AND POTENTIAL
4 Core Habits of High Performers

#2 Implement an Inspired Value System

#1 Morning Growth Routine

#3 Priority Performance Primer

#4 Strive to See Things Differently

The Compound Effect

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

= 21,900 minutes, 365 hours

10 Year Compound Interest

9 40-Hour Work Weeks!!!
#1 THE MORNING GROWTH ROUTINE

#2 GIVE YOURSELF THE GIFT OF GRATITUDE
IMPLEMENT AN INSPIRED VALUE SYSTEM

#3

1 – Pick 3 people who have impacted life

2 – Write down what made them unique

3 – Be ready to share them 😊
#4 GET YOURSELF SOME GOALS & MOVE

TO DO:
1. Goals that inspire you

2. Ask “HOW?” with intention

STRIVE TO SEE THINGS DIFFERENTLY

Mundane

OBLIGATION

Magical

OPPORTUNITY
28-DAY CHALLENGE
(PLUS RESOURCE)

Week #1: Read 15-Minutes Each Morning
Week #2: Gratitude Matrix Each Morning
Week #3: Revisit Values Each morning
Week #4: Goals + Empowering HOW Each Morning

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HOW CAN I HELP?

Email: coytecooper@ollinliving.com
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APPRECIATE YOU LISTENING!!!