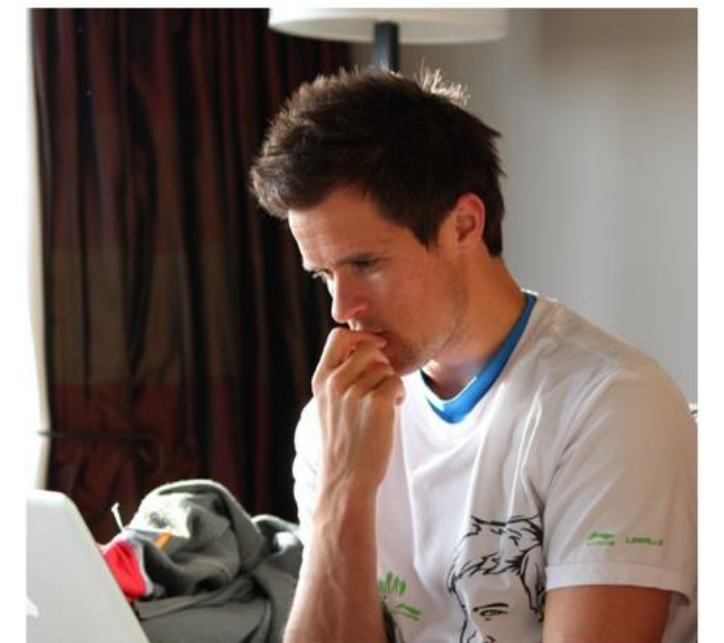
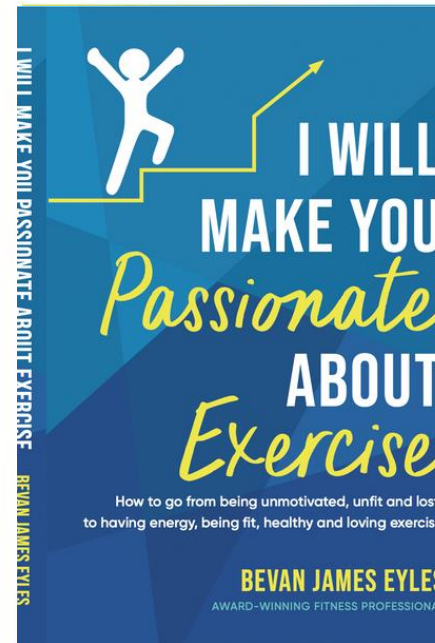
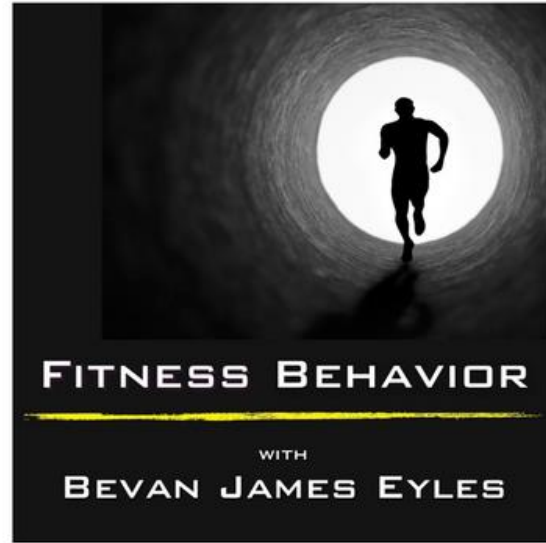


HOW TO BE A HEALTHY HIGH PERFORMER



A BIT ABOUT ME



***BUT WAIT, THERE'S
MORE***



PREMATURE PROBLEMS



PREMATURE PROBLEMS

1. Premature Evacuation



PREMATURE PROBLEMS

- 1. Premature Evacuation*
- 2. Premature Relocation*



PREMATURE PROBLEMS

- 1. Premature Evacuation*
- 2. Premature Relocation*
- 3. Premature Evaluation*



PREMATURE PROBLEMS

- 1. Premature Evacuation*
- 2. Premature Relocation*
- 3. Premature Evaluation*
- 4. Premature Closure*



MY CLIENT



THE COST/COST QUESTION



THE COST/COST QUESTION

- 1. Increased stress*
- 2. Putting on weight*
- 3. Does poor work*
- 4. Hurts her relationships*



THE COST/COST QUESTION

*'I feel like I'm losing
myself in this life'*



THE COST/COST QUESTION

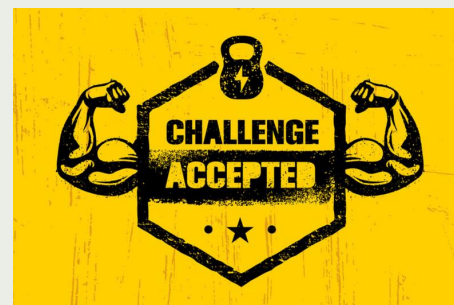


ONE MONTH CHALLENGE



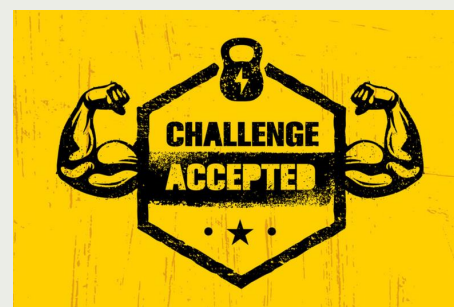
LIFE CHANGING STUFF

- 1. Lost Weight*
- 2. Felt in control and not stressed*
- 3. Strengthened relationships*
- 4. 'I've done great work'*



LIFE CHANGING STUFF

*'I feel aligned as a person, I feel I'm
being the true me'*



BEING A HEALTHY HIGH PERFORMER



TWO QUESTIONS

- *What's the first thing that gets dropped when you get busy?*

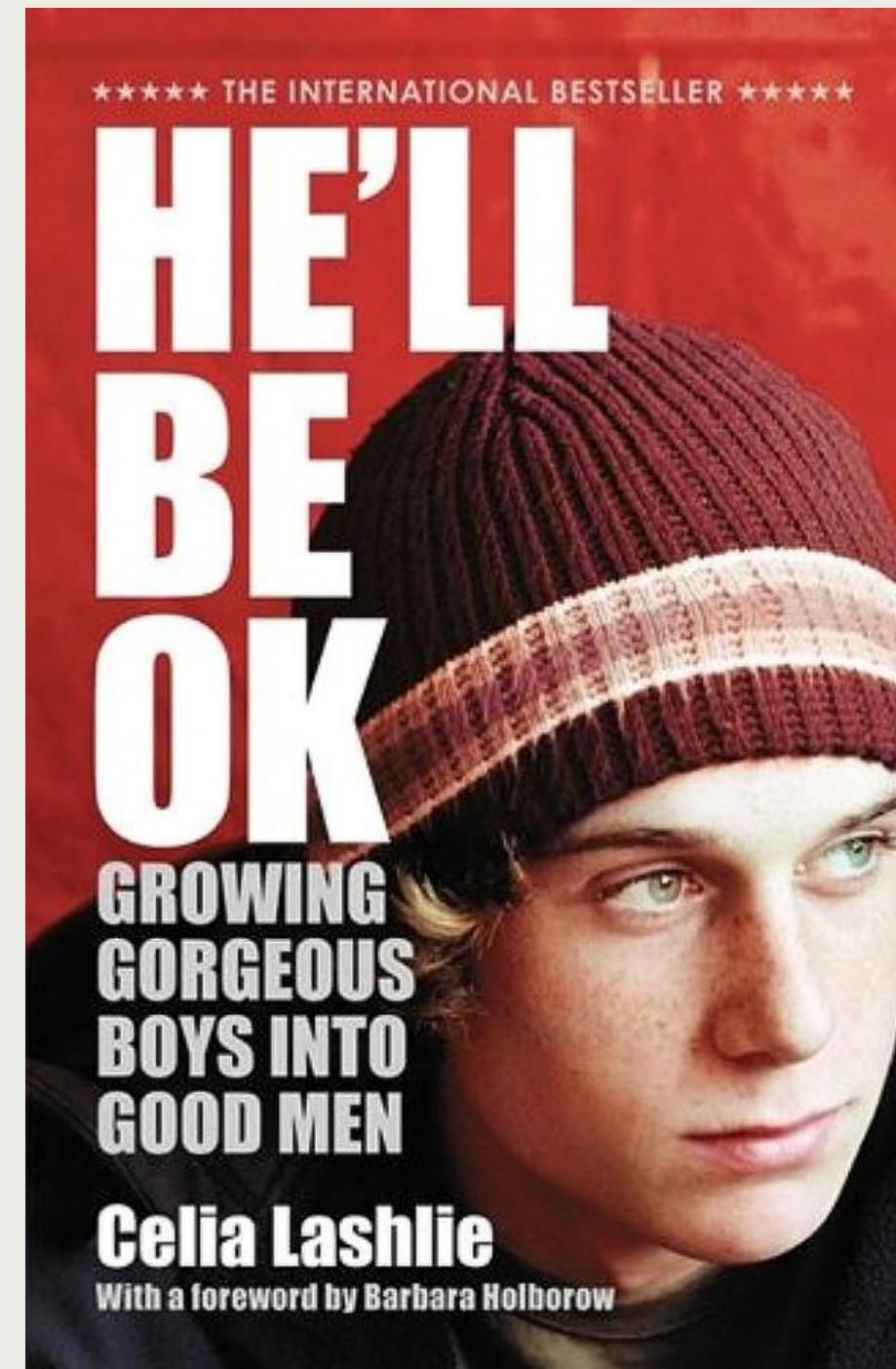


TWO QUESTIONS

- *What's the first thing that gets dropped when you get busy?*
- *Do you have a busy life?*



CELIA LASHLIE



CELIA LASHLIE

'My wish is that others will learn to stop before I did, to take into account the limitations of their physical bodies and to take the time to listen to the yearnings of their soul. It is in the taking care of ourselves we learn the ability to take care of others.'



BEING A HEALTHY HIGH PERFORMER



YOU ALWAYS PRIORITISE YOUR HEALTHY TOOLS



THE BENEFITS

- *You stay healthy*
- *Better stress management tools*
- *Feel better about yourself*
- *Better relationships*



THE BENEFITS

*You function at higher levels in the areas that
need the best of you*



***CHANGE IN BELIEF
COMES FROM
EXPERIENCE***

belief

21 DAY CHALLENGE



HARD QUESTIONS

- *How do you deal with stress? Good or bad*
 - *What's your cost/cost answer?*
- *How would your life be better if you had healthy ways to deal with stress?*



SET & UNDERSTAND YOUR BASELINES



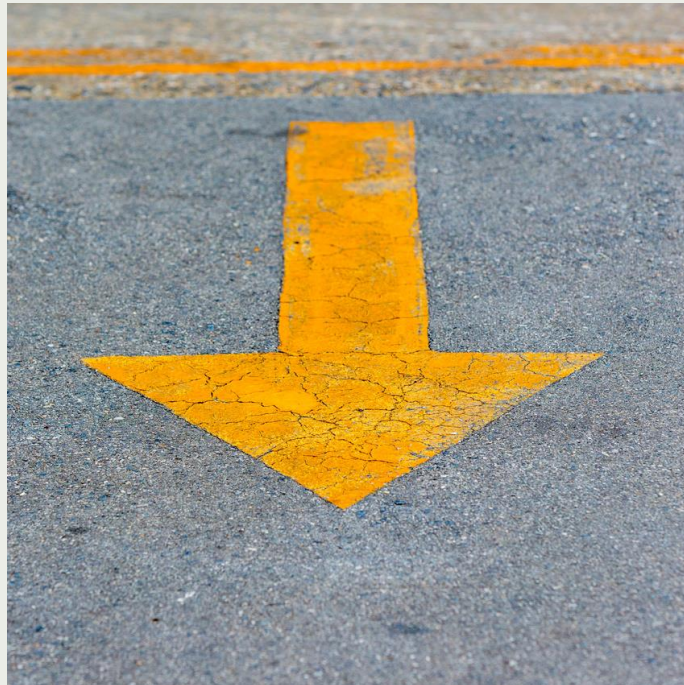
WEIGHT LOSS JOURNEY



BASELINE BEHAVIOURS



DIFFERENT VERSIONS



***GOING
BACKWARDS***



***STAYING THE
SAME***



***MAKING
PROGRESS***

BASELINE BEHAVIOURS

*Baseline Behaviours are the behaviours that you should
never go below...*

BASELINE BEHAVIOURS

*Baseline Behaviours are the behaviours that you should
never go below...*

And if you do, alarm bells should go off!



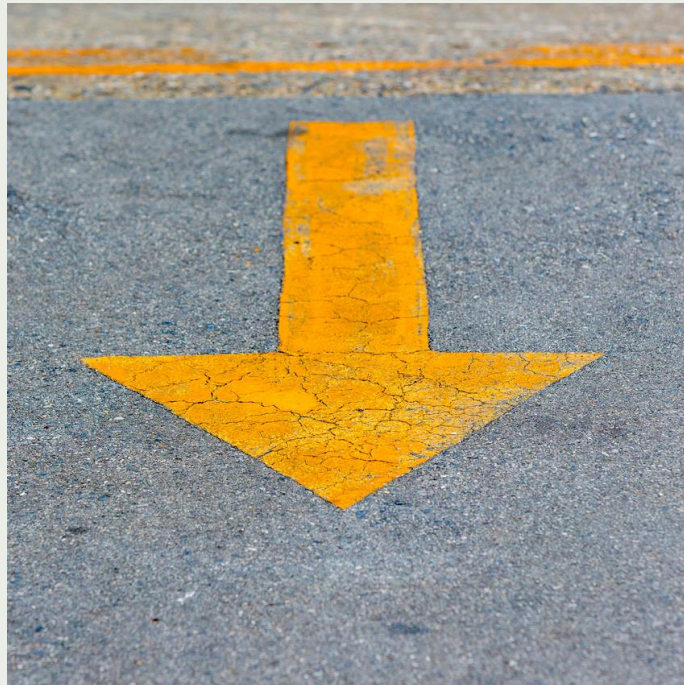
MY BASELINE BEHAVIOURS



For health and fitness:

- *Exercise for at least 60mins, 6 days a week*
- *2 of those sessions have to include some max effort & strength work*
- *Eat healthy meals 85% of the time during the week*
- *Only have Coke Zero 2 days a week*
- *5 great nights sleep per week*
- *Write my journal 5 nights a week*

DIFFERENT VERSIONS



***GOING
BACKWARDS***



***STAYING THE
SAME***



***MAKING
PROGRESS***

BASELINE BEHAVIOURS

Baseline Behaviours are the behaviours that you should never go below...

And if you do, alarm bells should go off!



ALARM BELLS GO OFF

When alarm bells go off, it means it's time to put some work into yourself

It's time for focused effort which keeps you on track



QUESTION

Do you think that if you understood your baseline behaviours and recognised when alarm bells go off, you would consistently stay in a better place?



WHAT ARE YOURS?



QUICK TIPS



- *These aren't your highest level*
- *They should be realistic*
- *You know you can maintain them consistently over a long period of time*

5 STEPS FOR APPLICATION



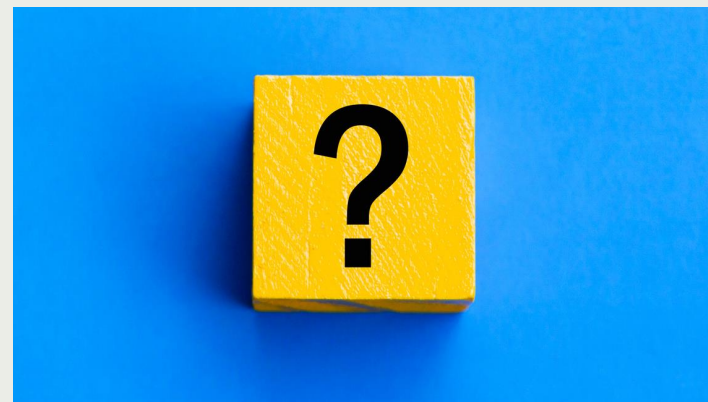
This is not about beating yourself up...

Think like a scientist:

1. *Catch*
2. *Reflect*
3. *Use problem-solving thinking*
4. *Plan*
5. *Act*

QUESTION

What are two Baseline Behaviours in your life you should always stay above?



PREMATURE PROBLEMS

- 1. Premature Evacuation*
- 2. Premature Relocation*
- 3. Premature Evaluation*
- 4. Premature Closure*



QUICK THOUGHTS

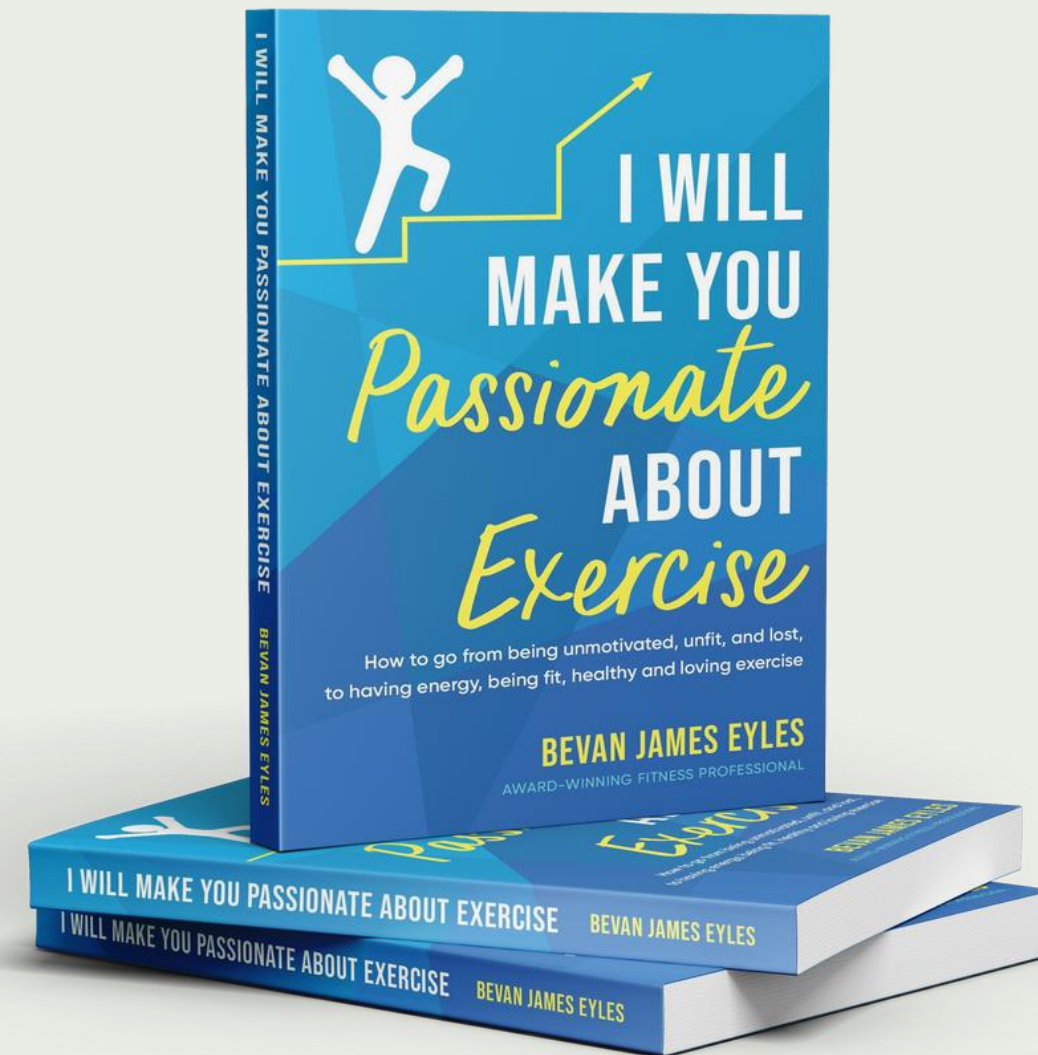


QUICK THOUGHTS



- *Everything I do is about building trust*
- *Respect the opportunity*
- *Be the dog*
- *Work on yourself*

MY BOOK



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BEING A HEALTHY HIGH PERFORMER



BASELINE BEHAVIOURS



TOMORROW



HOW TO BE A HEALTHY HIGH PERFORMER

