



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?





4 HABITS TO MAXIMIZE PRODUCTIVITY AND POTENTIAL

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JUST WONDERING...

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

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WHY NOT YOU?

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1 - Crazy Clutter

2 - Status Quo

3 - Negative Patterns

66%

54%

Only 10%

*Why does it
matter?*

40,000

12.8/Day

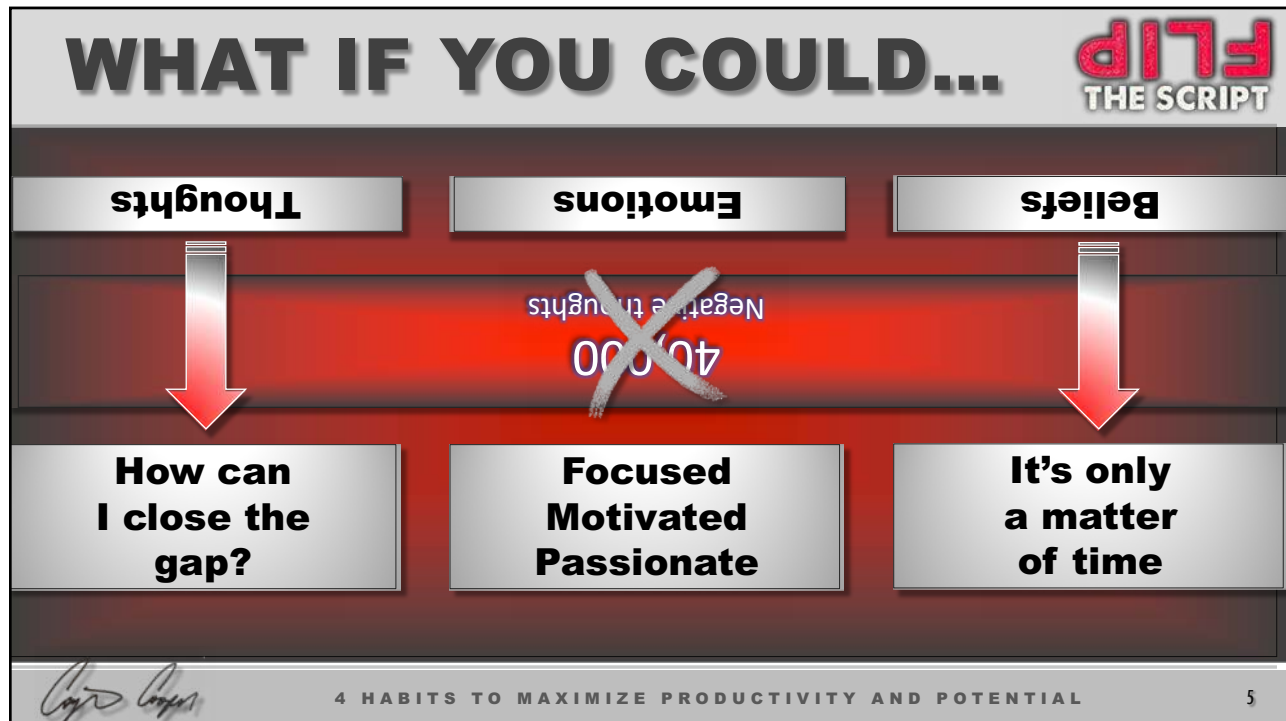
4,672/Year

Limits Ability to Maximize Efficiency, Results and Potential

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4 HABITS TO MAXIMIZE PRODUCTIVITY AND POTENTIAL

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4 CORE HABITS OF HIGH PERFORMERS

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#2

Give Yourself the Gift of Gratitude

#1

Morning Growth Routine

#3

Implement an Inspired Value System

#4 Get Yourself Some Goals & Move

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THE COMPOUND EFFECT

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GROWTH SYSTEM

1. Reading (30 min.)	→	10,950 minutes, 182 hours
2. Journal (10 min.)	→	3,650 minutes, 60.8 hours
3. Meditation (10 min.)	→	1,825 minutes, 30.4 hours
4. Goals/Values (5 min.)	→	
5. Gratitude list (5 min.)	→	
<p>10 YEAR COMPOUND INTEREST</p>		<p>= 21,900 minutes, 365 hours</p> <p><u>9 40-HOUR WORK WEEKS!!!</u></p>

Chris Cooper


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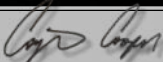
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#1

THE MORNING GROWTH ROUTINE

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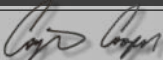
4 HABITS TO MAXIMIZE PRODUCTIVITY AND POTENTIAL9

#2

GIVE YOURSELF THE GIFT OF GRATITUDE

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#3

IMPLEMENT AN INSPIRED VALUE SYSTEM

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#4

GET YOURSELF SOME GOALS & MOVE

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STRIVE TO SEE THINGS DIFFERENTLY

Mundane

OBLIGATION



Magical

OPPORTUNITY



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28-DAY CHALLENGE (PLUS RESOURCE)

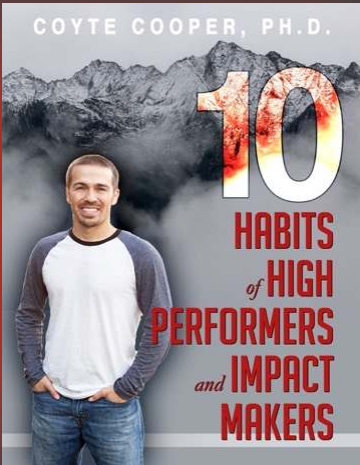
Week #1: Read 15-Minutes Each Morning

Week #2: Gratitude Matrix Each Morning

Week #3: Revisit Values Each morning

Week #4: Goals + Empowering HOW Each Morning

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IT'S YOUR CHOICE



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HOW CAN I HELP?



Email: coytecooper@ollinliving.com

Website: www.coytecooper.com

APPRECIATE YOU LISTENING!!!

EMPOWERING PEOPLE TO POTENTIAL

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