



LIFE PLAN

The Essential Elements for Living a life of Excellence!

What if you could reduce the stress in your life and increase your productivity at the same time? What if you could accomplish more at work in less time and have more time for your personal interests? What if you could find out the “secret” to living and working at peak performance and reaching your full potential? What would you be willing to do to achieve all that?

There is no “secret” to learning how to live a life of excellence. Anyone can do it... anyone who is willing to discipline themselves in order to better themselves personally and professionally.

So what is a “life of excellence?” Excellence isn’t as much about being the best at something, as it is about being the best you can be, and becoming better than you were before (last week, last month or last year). To do this, you must create balance in your life, giving attention to your own personal growth in all five areas of human development. Then, it is solidified by maintaining enough “margin” to absorb the daily bumps and pot-holes of life.

Attendees to this seminar will evaluate their core values and assess how well they are structuring their life to make those things their highest priority in pursuing what they would identify as excellence in their own life.

Then we’ll look at the five areas of human-development and how each area impacts the other four, and the effect they all have on your ability to reach a level of peak performance in life.

Next, we’ll define margin and the importance it holds in being able to maintain that level of performance without feeling overwhelmed and out of control. After all, have you ever heard anyone who looked at another person that lived in a constant state of turmoil, crisis, and stress and said, “Now that’s excellence if I’ve ever seen it! I wish my life was more like that.”

Finally, everyone there will establish for themselves a strategy for how they will begin forming the habits and creating the disciplines that will allow them to achieve excellence everyday.

Many people that have heard this presentation have described it as life-changing for them! For anyone who aspires to live a life of excellence and fulfillment, this will give them the “instructions” to help make that a reality.

Teaching the Essential Elements of Excellence for work and life!