

code

High G Program

your
mind

discovery

YOU

- s1 body
- s2 mind
- s3 habits
- s4 fear

discovery

SUPPORT SYSTEM

- s5 family & partners
- s6 colleagues
- s7 social environment
- s8 mentor

discovery

YOUR THING

s9 job/activity

s10 performance

s11 between the lines

s12 level

discovery

PERSPECTIVE

S13 build up

S14 reasoning

S15 will

S16 comfort zone

development

YOU

s17 body

s18 mind

s19 deliberate practice

s20 discipline

development

SUPPORT SYSTEM

- s21 growth
- s22 networking
- s23 alignment
- s24 contribution

development

YOUR THING

s25 stage

s26 satisfaction

s27 the goal

s28 achievements/earnings

development

PERSPECTIVE

s29 strength of character

s30 the path

s31 plan b & c

s32 self-leadership

devotion

YOU

s33 body

s34 mind

s35 balance

s36 a calling

devotion

SUPPORT SYSTEM

s37 leadership

s38 delegation

s39 affiliations

s40 saving/investment

devotion

YOUR THING

- S41 flywheel
- S42 value
- S43 performing
- S44 celery test

devotion

PERSPECTIVE

- S45 build to last
- S46 legacy
- S47 contribution
- S48 belief

let's do it

we are partnering to create a happier and better you

hellos

15 min

lay all out

recap

session

35 min

coding

enhancing

goal

10 min

agreed upon

projects

things you need

understanding

at the end, it is and will always be about you

optimism

no matter what, you will do better

hands-on approach

nothing beats performing and or executing

humility

be grateful about your life and your path

grit

from today on, become an unstoppable force



here's how

- 1 we will have sessions to enhance your understanding of yourself by examining your current situation and finding ways to become happier and better that are effective for you.
- 2 i will research and create a series of methods based on your abilities to make your improvements more effective.
- 3 we will work on obtaining the right tools to make goals attainable and meaningful. We will conduct assessments and updates throughout the program to adjust accordingly.
- 4 by reasoning, researching, and evolving, we will use emotions with perseverance and purpose to find what makes the biggest impact.
- 5 we will explore and test known methods to achieve desired results.
- 6 we will write new code (retrain your brain) to support your body and mind in reaching their full potential.

helpful notes