



MYNTOPIA

THE HIGH- PERFORMANCE OPERATING BLUEPRINT

A HEARTFELT GIFT TO THE COMMUNITY



THE 2025 AUDIT

REFLECTING ON KEY LEARNINGS

80/20 Analysis

Identify the **key tasks** that contributed most to your success this year. Focus on the 20% that brought you 80% of your results to enhance future performance.

Energy Drain

Consider the 3 aspects of your life that deplete your energy. Naming them allows you to consciously remove these drains and protect your peace and productivity moving forward.



THE 2026 ESSENTIAL LIFE PILLARS



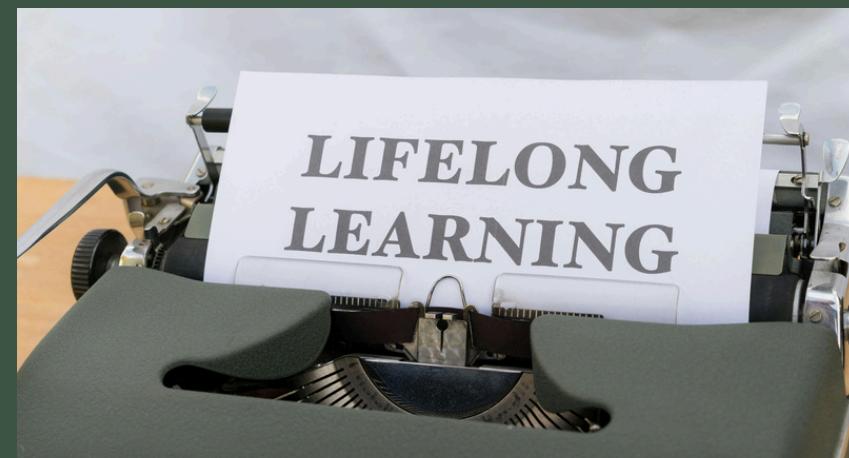
Business

Set **one revenue goal** and automate a system.



Life

Establish **one health non-negotiable** & a relationship goal.



Career

Commit to **one new skill** and make a 'Big Ask.'

MINDFUL ROUTINES

HARMONISING FOCUS + PEACE



The Sovereign Start

Dedicate 90 minutes to deep work on your top priority before engaging with emails or your phone. This focused time fosters clarity and maximises productivity for your day ahead.

The Shutdown Sequence

Conclude your day by checking off wins, establishing your "Rule of 3" for tomorrow, and embracing a **60-minute Digital Sunset** to unwind and recharge effectively.

DAILY DISCIPLINE TRACKER FOR HIGH PERFORMANCE



Deep Work

Engage in 90 minutes of focused productivity daily.



Physical Movement

Incorporate daily movement to energise your body.



Nutritious Foods

Fuel your body with nutritious meals every day.



Skill Building

Dedicate 30 minutes to mastering a new skill.



Clean Workspace

Maintain a zero-inbox and tidy workspace daily.



PROACTIVE PIVOT

Have Grace

This principle emphasises the importance of immediate recovery from setbacks, encouraging you to rise without self-judgment, allowing for a supportive and forgiving approach to personal challenges.

Reset

A 24-hour analog reset is essential.

Rewind

Don't beat yourself up, keep doing your best & start again.



THE FINAL MESSAGE

2026 is your year of **aligned ascension**. Embrace this journey of growth with **confidence** and **clarity**. We am always here, in your corner, cheering for your success. Together, let's ascend on this transformative path towards reaching new ascensions.

