



# EXECUTIVE LIFE MASTERY

Health | Wealth | Time | Sleep | Diet



Over 12 weeks you will increase your  
**Productivity**, working **Smarter**, not  
**Harder**



**Do you **often** feel like everything would work out if your day had more than **24 hours**?**

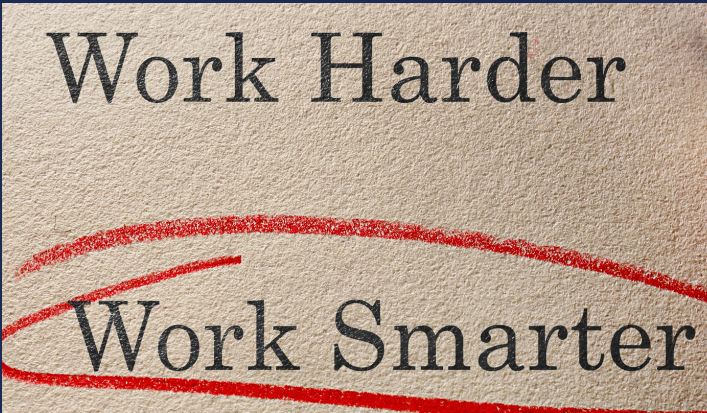


**Do you have trouble keeping up with **deadlines** and working into your **social time**?**

**We live in a fast-paced, stressful world. It's hard to stay **productive** when we **feel burnt out, tired** and **dejected**.**



*Well Organised*



## Here's what you'll learn:

### **Module 1 – What do you want out of life?**

**Limiting beliefs and goal setting – Are these holding you back in work or your personal life?**

### **Module 2 – Own your morning – How waking up early will boost your productivity**

### **Module 3 – How to overcome procrastination – Taking the hurt out of productivity and taking action to simplify this**

### **Module 4 – Prioritisation and Organisation – Strategies on getting the balance right and making you more productive**

### **Module 5 – Time management for busy people**

### **Module 6 – Coping strategies – Ways to banish stress and overwhelm from your life**

### **Module 7 – Best brain foods for cognitive function – staying fuelled**

### **Module 8 – Motivation – Proven ways to get you focussed and motivated for increased productivity within minutes**

### **Module 9 – Increased efficiency and focus – How to maintain focus using the Pomodoro method**

### **Module 10 – Delegation – Create structures and strategies**

### **Module 11 – Problem Sleeping? Ways on improving your sleep so you consistently sleep for 7-9 hours per night**

### **Module 12 – Reflection – How have you put the modules covered into action?**



# BONUS

**1-2-1 call once per month for 3 months**

**Personal meditation**

**Lifelong access to the Streamline For  
Success - The Stress-Free Executive Life  
Group**

**Accountability emails once per week**

