

8 Ways to Continuously Become the Next Level Version of You

There is always a next-level version of YOU around the corner. Let's dive into how to keep finding and reaching that next level.

Start with consistent check-ins and evaluations - make a note in your calendar every 90 days to revisit and evaluate what's working and what's not.

- **Be honest with yourself!**

**Stop trying to do it all yourself!
Create a support system.**

Examples:

- **Personal assistant**
- **Meal prep**
- **Hiring a trainer**
- **Coach**
- **Mastermind**

Implement regular use of the right tools to optimize your performance.

Examples:

- **Calendar or time management apps**
- **Software for automation**
- **Programs for personal and professional development**
- **Books that inspire and motivate you**
- **Podcasts for learning on the go.**

Pro tip: Include listening in your daily routines (school dropoff, cleaning up the kitchen, getting ready in the morning, etc.)

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Schedule your time off and block your calendar NOW! Vacations don't magically appear on your calendar. You need to prioritize time to recharge.

Bonus tip: Make time for “just for fun” hobbies & things that light you up.

Schedule brain breaks throughout your day

Examples:

- A 5 minute meditation
- Take a walk
- Stretch or do yoga

Create your non-negotiable lists and stick to it

Examples:

- Practice saying no
- Limit your time with people who drain your energy or have a negative influence on your choices.

Take a look at what you admire about other people.

- How can you incorporate those things into your own life?

Pro tip: Don't fall into spending out of your means to recreate someone else's lifestyle.

Surround yourself with experiences that bring to life what's possible.

- Choose your friends and mentors wisely

Remember: You're a powerhouse and powerhouses never settle!

**Ready to learn more about how our programs can help you take action?
Click here to book a call with a scaling specialist!**