

What Fuels You?

Winning Is Fueled By Your Purpose

Start-to-Finish

1. Morning Routine Matters
2. Fueled Alarm on Phone
3. Fuel Journal
4. Fueled Visualization
5. Reframing and Recapping



1 Fill Your Tank

1. Two Personal Actions
2. Two Professional Actions
3. Two Acts of Service To Others
4. Write and Recite What Fuels You
5. Breathing
6. Visualize Your Day

2 Empty Your Tank

1. Your Day Isn't Linear - Adjust
2. Reframing Language
3. Process of Progress

3 Recap and Review

1. Grateful Reflection
2. ATT and OTT
 - a. Adapt Tomorrow Today
 - b. Organize Tomorrow Today



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