



The Winning Formula How to Beat Burnout and Build Unshakable Consistency

with Jarvis Levenson

Print this handout or download the document and then use the text boxes to type notes.

I. Introduction

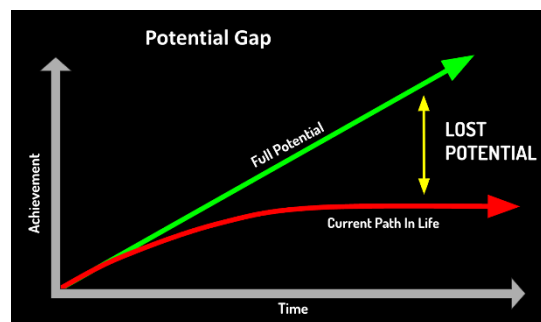
II. What do you want most right now?

- A. Career Growth / Business Success (a.k.a. more money!)
- B. To get in the best shape of your life
- C. More free time for hobbies/interests
- D. Stronger relationships with family & friends
- E. More clarity and direction in life
- F. All of the above!

III. What's stopping you from getting it?

- A. I don't have enough time
- B. I don't have a clear plan
- C. I get distracted and lose focus
- D. I start strong but don't stay consistent
- E. I feel overwhelmed with everything on my plate
- F. Lack of energy or motivation
- G. I know what to do... I just don't do it
- H. All of it!!!

IV. Potential gap



V. The most successful people in the world win the morning!

VI. Zero to Morning Hero

VII. To be a Morning Hero, you must win every day

- A. Wake up early: the power hour; get at least one hour of undistracted alone time before your day starts
- B. Intentions = goals
 - 1. Health
 - a. Heart rate
 - b. Eat right
 - 2. Wealth
 - a. Read
 - b. One big thing
 - 3. Relationships
 - a. Spread joy
 - 4. The hero's day
- C. No days off
 - 1. How much would you have if you doubled a penny every day for 30 straight days?
 - 2. How much would you have if you doubled a penny every other day for 30 straight days?

VIII. The 30-day Morning Hero challenge

- A. W: Wake up one hour earlier for your power hour
- B. I: Set your intentions for a 5-star day (HERO'S)
- C. N: No days off for 30 straight days
- D. Start the challenge on the Morning Hero app

Instructor Bio

Jarvis Levenson is a peak performance coach, bestselling author, and founder of The Morning Hero. He spent 15 years as a sales producer, but after getting married and becoming a father, he realized there wasn't enough time in the day to be effective both at work and at home. Frustrated with having to choose between the two, he developed a productivity formula that allowed him to get his work done by lunchtime so he could spend the rest of the day with his family. He teaches this system to help people improve their business while avoiding burnout. Jarvis co-authored the book *Peak Performance: Mindset Tools for Sales* and wrote the newly released *Every. Damn. Day.* Learn more at [The Morning Hero](#).