

5 Strategies to Thrive in Work and Life

# ELEVATE YOUR EDGE

by Brandon LiLavois

ENJOY YOUR JOURNEY

# Welcome

Thank you for reading!

Join me and let's walk together.  
We are meant to live in power, feel  
great, be pain-free & achieve our goals.

You are one decision away.

- *Brandon*



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# 5 STRATEGIES TO THRIVE IN WORK AND LIFE

Your fast track to focus, balance, and sustainable success.

## What Got You Here Won't Get You There...

You're driven, successful, and ready for more— Sound familiar?

High achievers like you face unique challenges: **Success at the next level requires smarter strategies, deeper alignment, and a renewed focus on what truly matters.**

This guide shares **five foundational shifts to help you energize your performance, reclaim your time**, and break through to your next big win— all without sacrificing your well-being or relationships.

THRIVE THRIVE THRIVE







## Shift #1.

# PROTECT YOUR ENERGY = MAXIMIZE RESULTS

### What You Need to Know

Energy is your most valuable resource. Without it, even the best strategies fall flat. The key to high performance isn't doing more—it's focusing on the right things while letting go of the rest.

### Quick Tip: The 5/5/5 Rule

#### Ask yourself:

Will this task, commitment, or distraction matter in 5 weeks, 5 months, or 5 years?

- If the answer is no, it's time to let it go. Energy mismanagement is the fastest way to burnout—choose wisely.

### Ready for More?

Imagine having a personalized plan to optimize your energy every day. In my coaching program, we dive deep into energy mastery to help you perform at your peak.





## Shift #2.

# MASTER YOUR TIME LIKE A PRO

### What You Need to Know

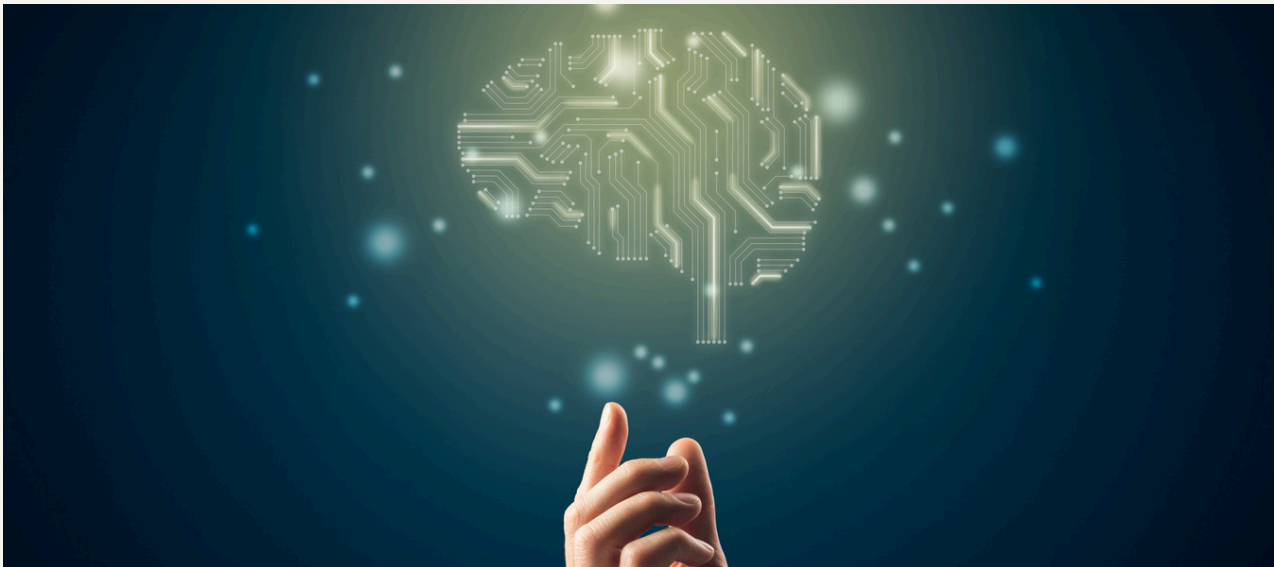
Your time is limited, but your focus determines its impact. High performers align their schedules with their priorities, protecting their most productive hours for their most important work.

### Quick Tip: Time-Blocking

Dedicate specific blocks of time to high-priority tasks, and treat them as non-negotiable appointments. Whether it's a deep work session or quality time with family, your calendar reflects your values.

### Ready for More?

Time-blocking is just the beginning. Let's refine your schedule and eliminate inefficiencies so you can accomplish more in less time.



## Shift #3.

# EMOTIONAL INTELLIGENCE = GREATER IMPACT

### What You Need to Know

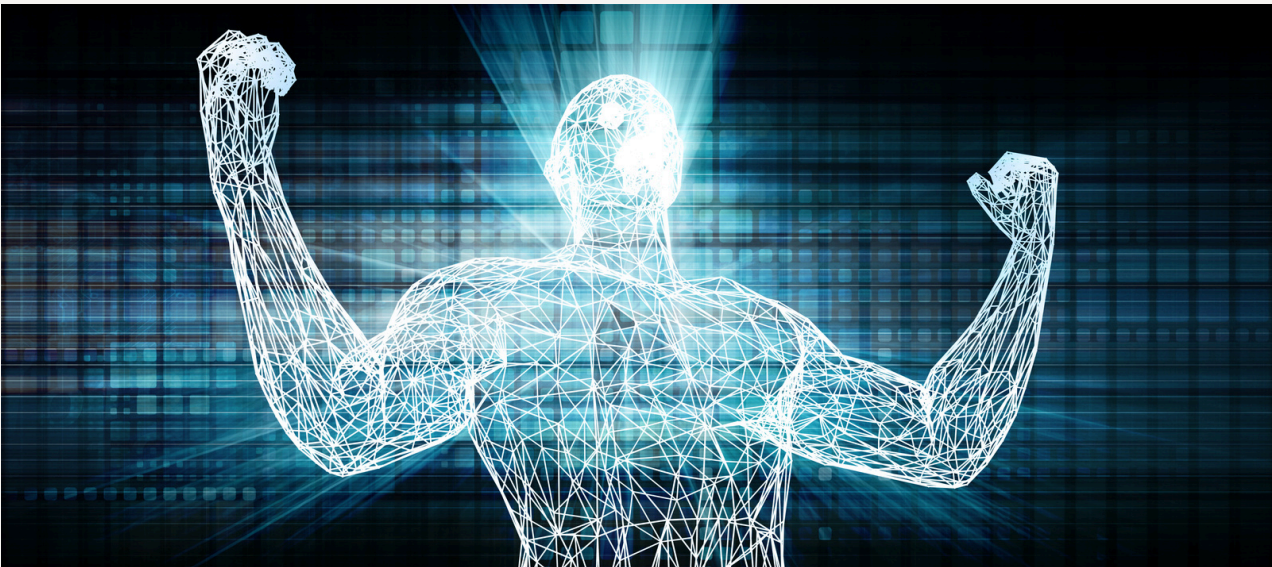
Emotional intelligence (EQ) is the secret weapon of top performers. It strengthens relationships, boosts communication, and equips you to handle pressure with grace.

### Quick Tip: The Pause → Assess → Respond Method

In moments of stress, pause before reacting, assess the situation objectively, and respond thoughtfully. This simple practice can transform conflict into collaboration.

### Ready for More?

EQ mastery is one of the pillars of my coaching. Together, we'll unlock your ability to lead, influence, and connect on a deeper level.



## Shift #4.

# BREAK THROUGH YOUR SUCCESS PLATEAU

### What You Need to Know

Growth happens outside your comfort zone. If you're feeling stuck, it's a sign you've outgrown your current approach. Breaking through requires challenging old habits and embracing new perspectives.

### Quick Tip: Reconnect with Your Why

Write down your "Why" in one sentence. Then, ask yourself: "Does my daily routine reflect this purpose?" If not, it's time to make a shift.

### Ready for More?

If you're ready to shatter your limits and step into the next phase of your success, let's work together.





## Shift #5.

# CREATE A VISION THAT INSPIRES ACTION

### What You Need to Know

Success without alignment is empty. True fulfillment comes from pursuing goals that reflect your values and long-term vision.

### Quick Tip: The Legacy Exercise

Ask yourself: “What do I want people to say about me in 10 years?”  
Use this as a compass to guide your decisions today.

### Ready for More?

Together, we’ll craft a vision so compelling that it pulls you forward and keeps you motivated through every challenge.



# YOUR NEXT MOVE

**Your Next-Level Success Awaits**

**If you're ready to:**

- **Break through plateaus**
- **Master your time and energy**
- **Create a vision that truly inspires action...**

**Let's make it happen!**

**Ready to Elevate Your Edge?**

## **1. Book Your Free Strategy Call**

**Let's identify your biggest opportunities for growth and create a custom action plan for your next breakthrough.**

## **2. Join My Coaching Program**

**Accelerate your progress with 1:1 coaching tailored to high performers like you.**





# THRIVE Resources



**T** TARGETED PRIORITIES

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**H** HIGH-ENERGY HABITS

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**R** RESILIENT MINDSET

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**I** INTENTIONAL COMMUNICATION

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**V** VISION THAT INSPIRES

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**E** ELEVATED EXECUTION



# TAKE WHAT YOU NEED MENU

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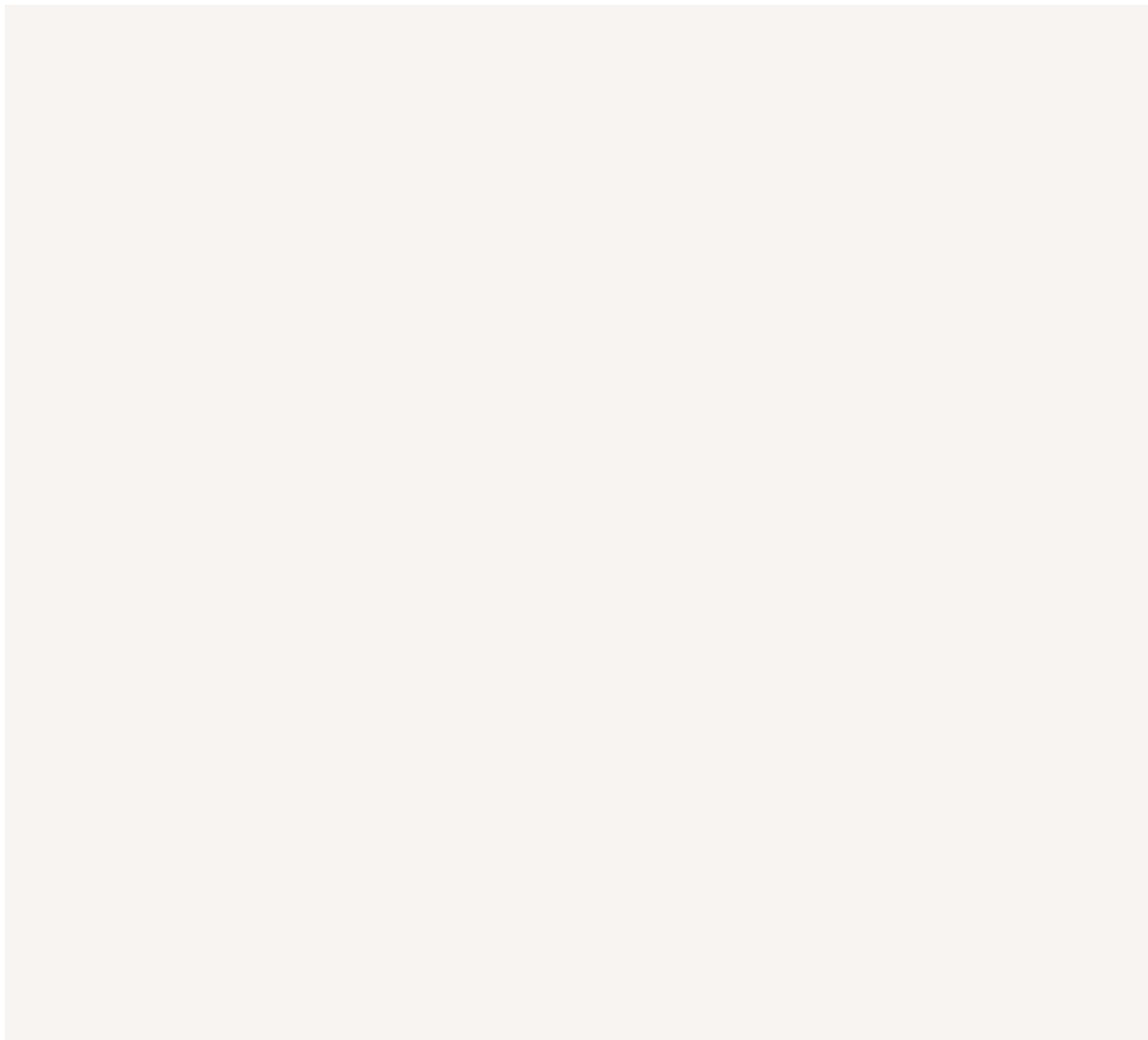
- Move my body*
- Walk in nature
- Meet with happy friends*
- Cook a good meal
- Allow myself to rest*
- Do what I said I'll do



Exercise

# WRITE A LETTER TO YOUR FUTURE SELF

What's one piece of advice your future self would give you today?

A large, empty rectangular box with a light gray background, intended for writing a letter to one's future self. The box is centered on the page and occupies most of the lower half of the document.

# PRIORITY MATRIX

URGENT

NOT URGENT

DO it today

SCHEDULE a time to do it

IMPORTANT

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DELEGATE it

ELIMINATE it

NOT IMPORTANT

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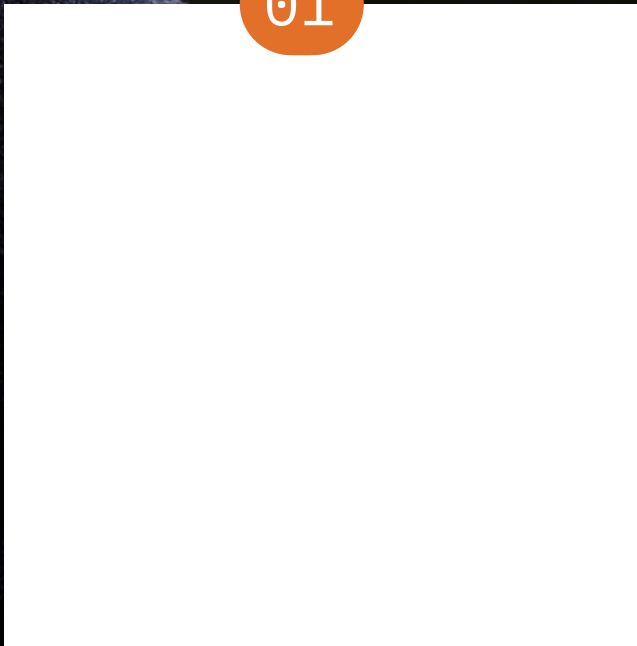
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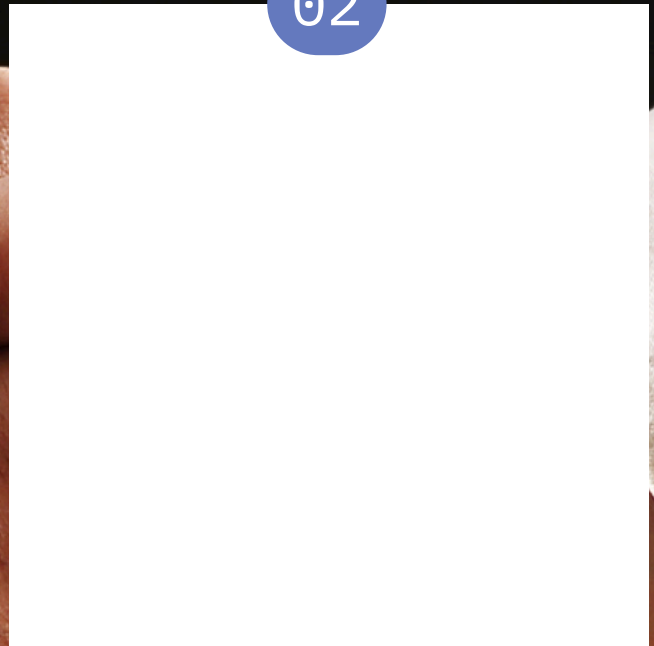
# THE PILLARS OF YOUR BUSINESS

Four things that are key foundations for your business or career.

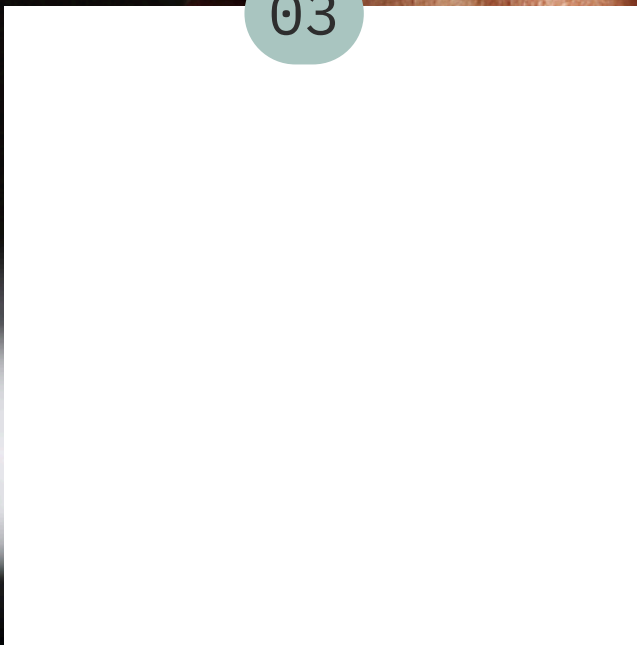
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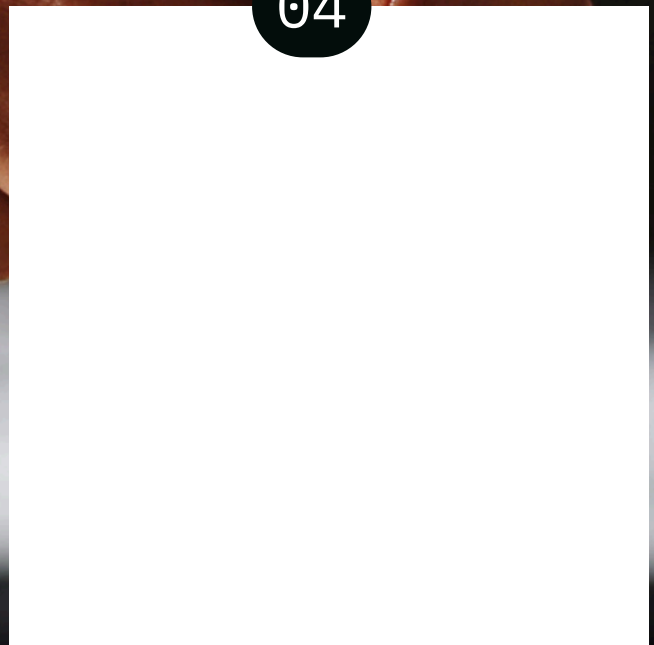
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04



# GOALS

GOAL	ACTION STEPS
	1.
	2.
	3.

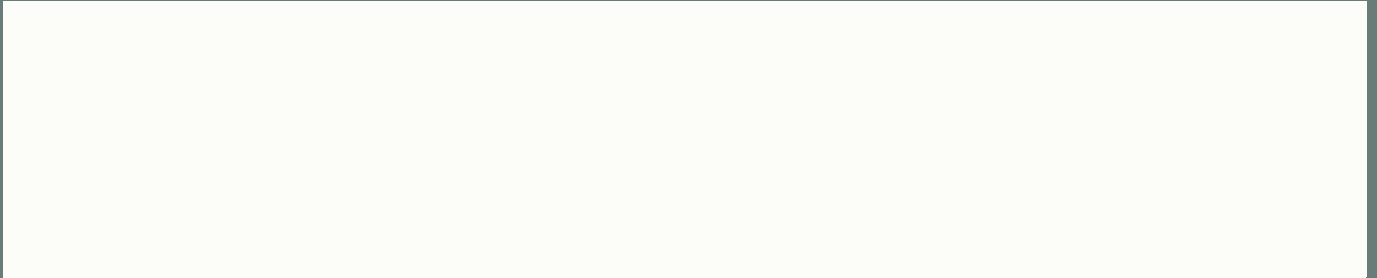
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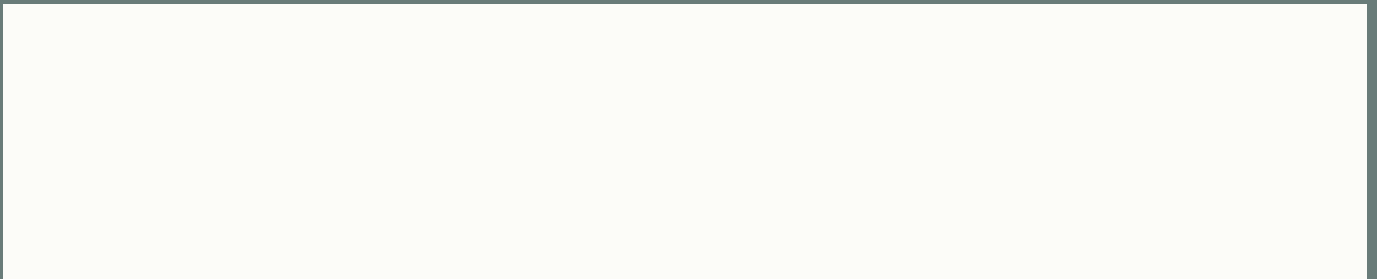


# MONTHLY GOALS

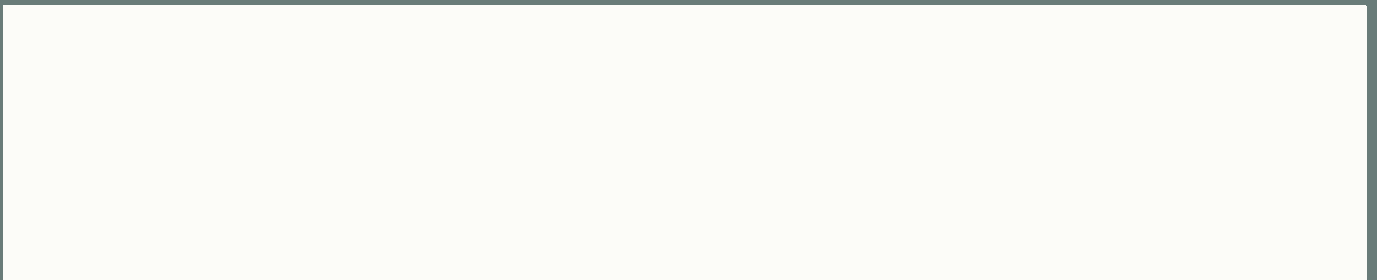
## WEEK 1 GOALS



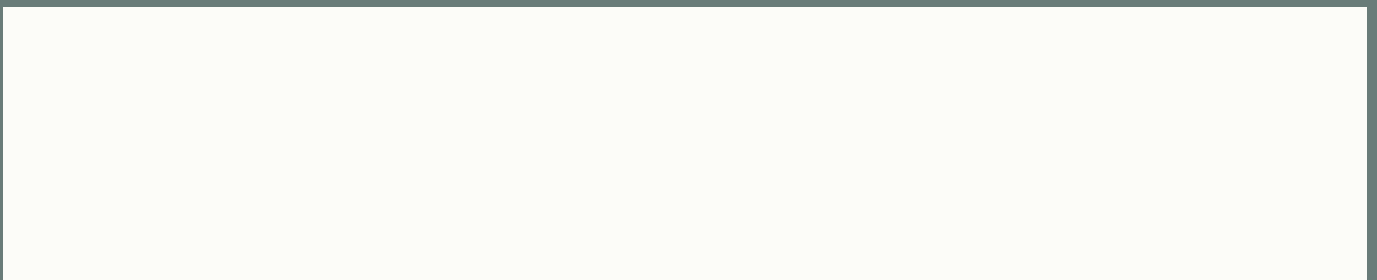
## WEEK 2 GOALS



## WEEK 3 GOALS



## WEEK 4 GOALS



# THE BLUEPRINT

## Q1 GOALS

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## Q2 GOALS

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## Q3 GOALS

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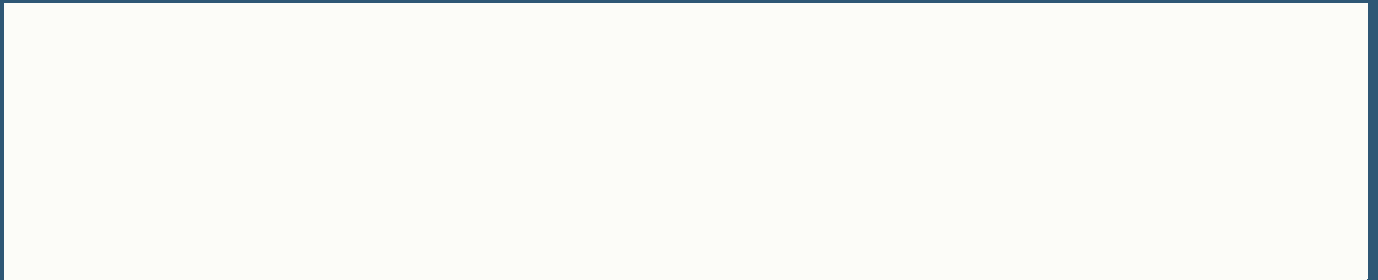
## Q4 GOALS

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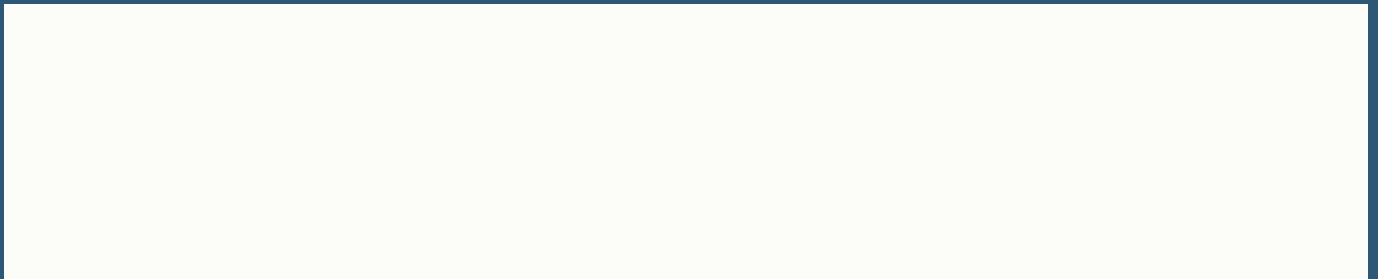
# THE GAME PLAN

Your thought strategy or course of action for this year.

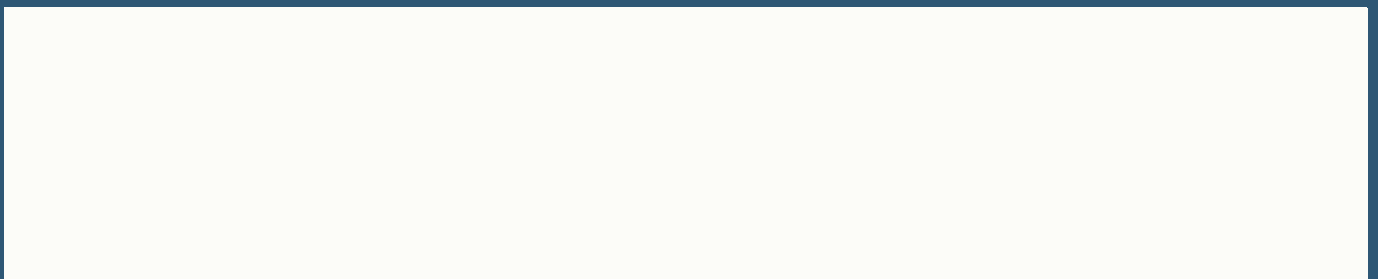
## Q1 GAME PLAN



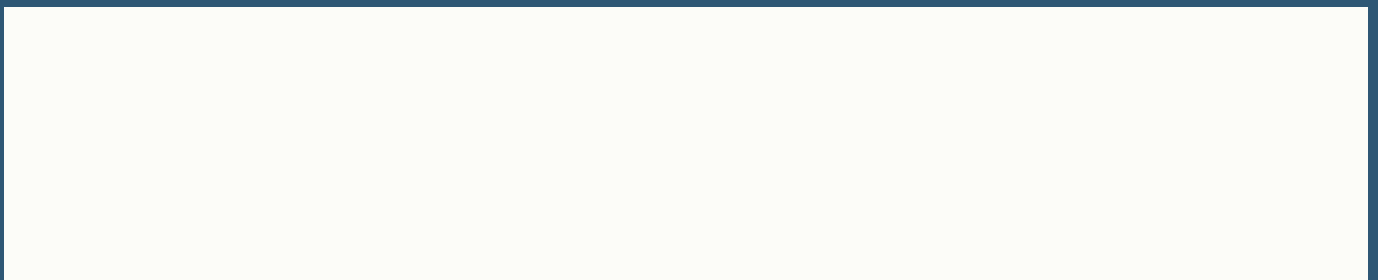
## Q2 GAME PLAN



## Q3 GAME PLAN

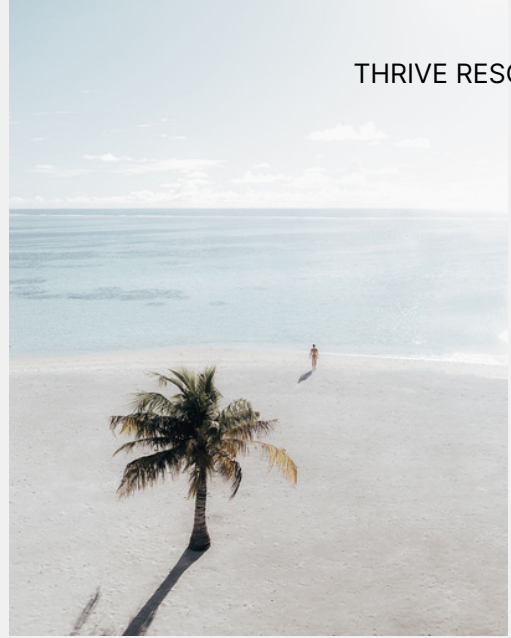


## Q4 GAME PLAN





# JOURNAL ENTRY



Take a moment to reflect on what truly makes you feel alive, powerful, and aligned with your purpose. Is it a feeling, a routine, or something else entirely?

- What daily habits or thoughts are holding you back from stepping fully into your potential?
- What are 3 small yet intentional shifts you can make to create more ease, energy, and joy?

**Take a minute to write anything in the space below or use the prompts above.**

# CHECKLIST

DATE:

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CHECKLIST:

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NOTES:

# TO DO LIST

DATE:

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PERSONAL

BUSINESS

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HOUSEHOLD

FOR FUN

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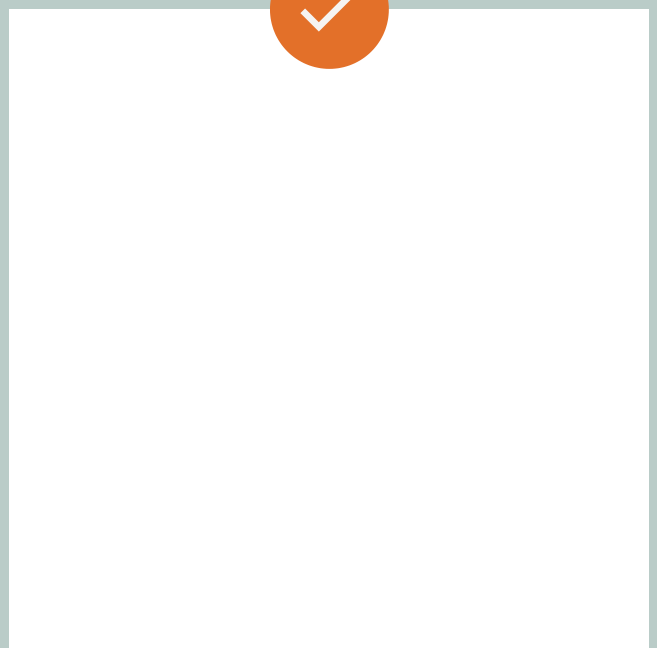
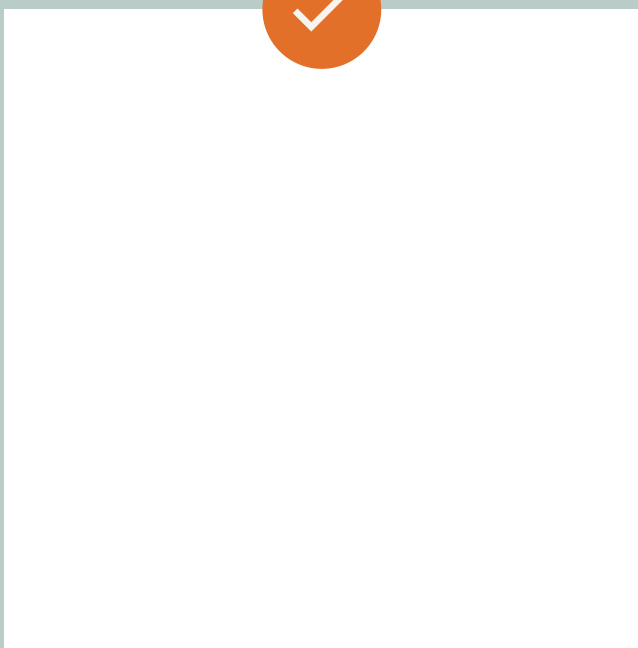
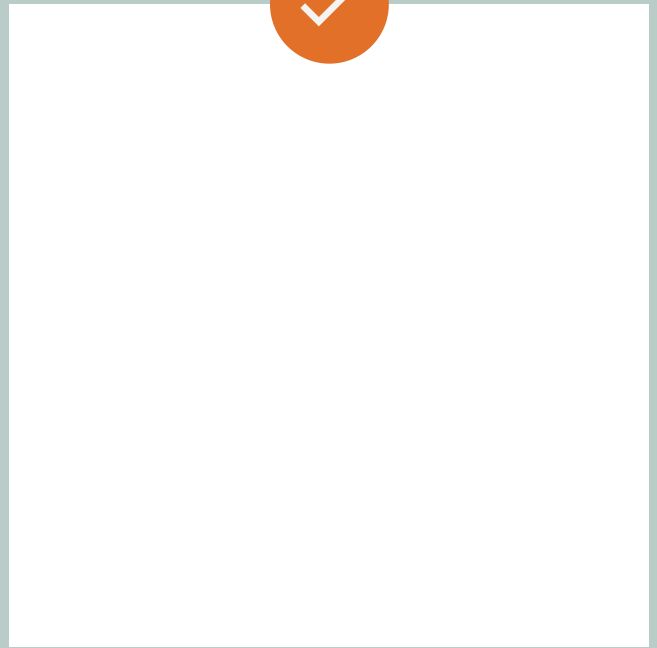
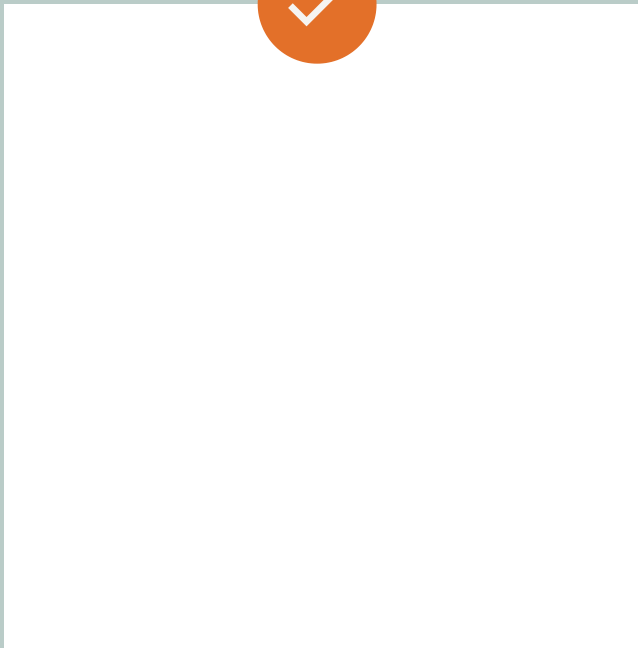
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# Key Elements of a Mindful Morning

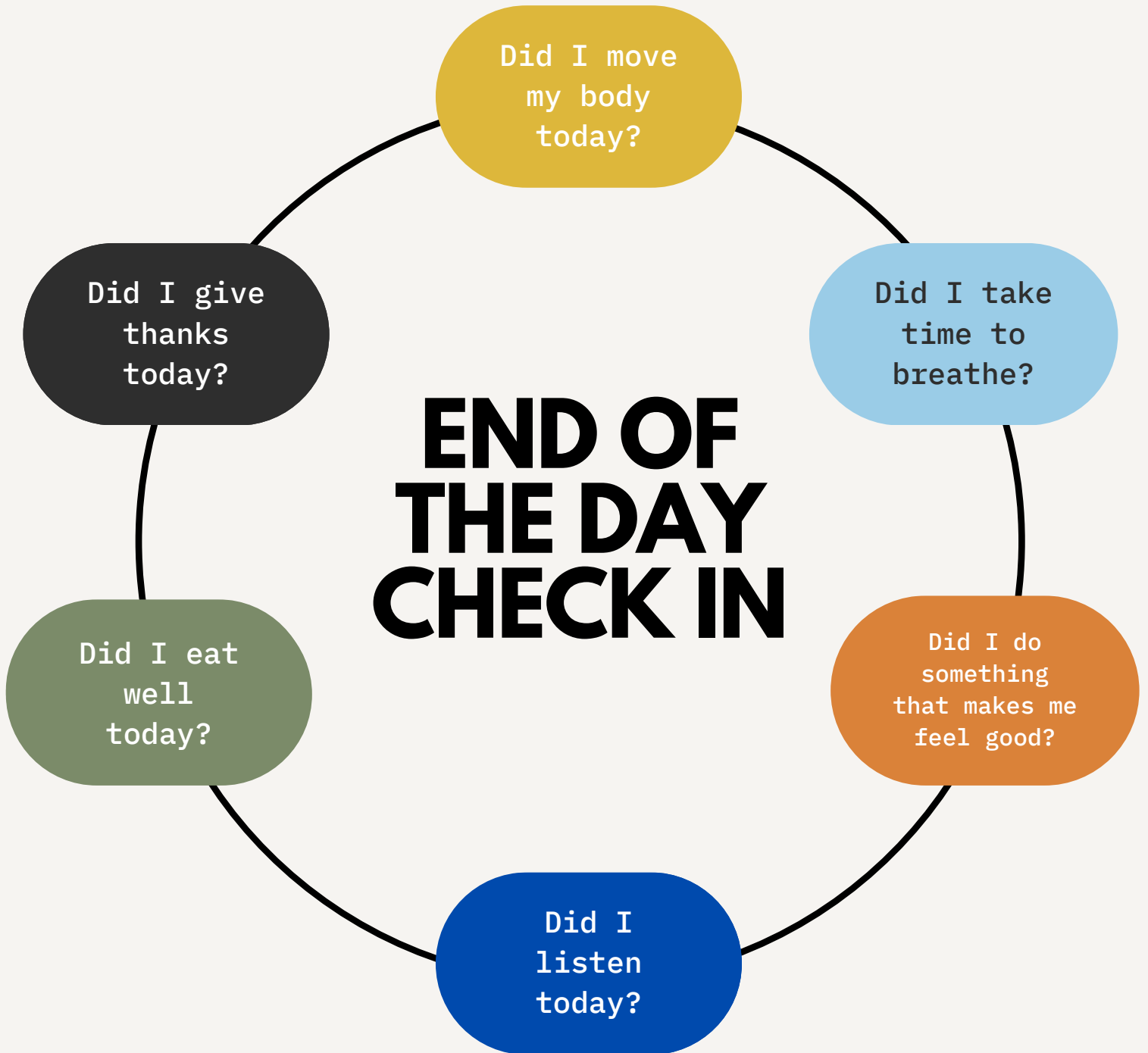


**INSTEAD OF**

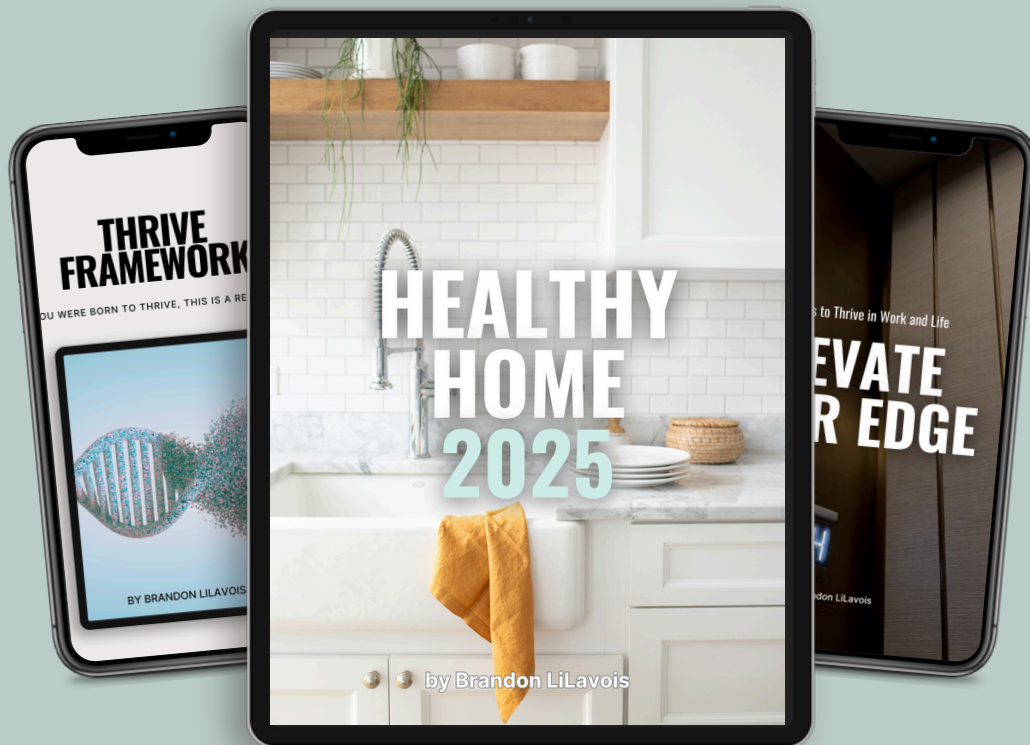
**TRY THIS**

_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____





# BRING IT HOME!



Regardless of whether you are starting out and seeking new skills or are an experienced professional aiming to stay at the forefront of the field, these books are tailored to equip you with the essential knowledge and tools for success.

[FREE DOWNLOAD →](#)



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# LET'S GO.

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