



# ELEVATE *your* EDGE

3 Core Strategies to Unlock  
High Performance in Life & Work

by Brandon LiLavois

ENJOY YOUR JOURNEY

# Welcome

Join me, and let's walk together through a reminder of personal power and actionable tools for sustainable success.

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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# The New Edge for Success

Unlock High-Performance in Work and Life

**What got you here won't get you to the next level.**

As a high-performing professional, you know the importance of staying sharp. But today's challenges demand more than just effort—they require strategy.

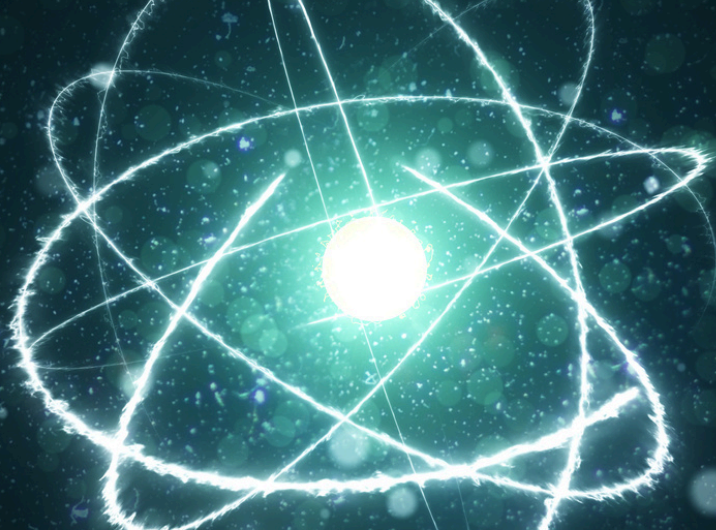
**This guide highlights three transformative shifts to help you:**

- Build sustainable energy and focus.
- Master emotional resilience.
- Unlock the untapped potential in your personal and professional life.

Let's unlock your next level—fast.

**Take the next step with a free strategy call!**





# STRATEGY 1: Protect Your Energy

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## Energy Is Your Currency—Spend It Wisely

High performers know that energy is their most valuable resource. Without it, focus, decision-making, and creativity all suffer.

### Quick Takeaway:

#### The “Daily Reset” Formula

#### Dedicate 15 minutes a day to:

1. **Move** – Stretch, walk, or dance to release tension.
2. **Breathe** – Practice deep breathing to calm & center yourself
3. **Visualize** – Imagine the success you want to create today.

### Want More?

Personalized strategies can help you increase energy while reducing burnout.



# STRATEGY 2: Master Emotional Intelligence

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## **Emotional Resilience Is a Superpower**

In work and life, emotional intelligence (EQ) is what separates good from great. Learning to respond—not react—keeps you in control and positions you as a leader.

### **Quick Takeaway:**

#### **Use the “Pause Technique”:**

When you feel triggered, pause for 10 seconds, ask yourself, “What outcome do I want?” Then respond intentionally.

### **Want More?**

Learn to master your EQ and lead with confidence!



# STRATEGY 3: Build A Vision That Drives YOU!

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## Your Vision Is the Compass for Your Actions

Success doesn't happen by accident. The clearest, most actionable visions are the ones that transform ideas into results.

### Quick Takeaway:

**The Legacy Exercise:** Write a letter from your future self, 10 years from now. What does your life look like? How do you feel? Use this vision to guide your daily decisions.

### Want More?

Together, we can turn your vision into a reality!



# **NEXT STEPS: Ready to Elevate Your Edge?**

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**You've just scratched the surface. Imagine what's possible with personalized coaching designed to meet your unique needs, challenges, and goals.**

## **Options:**

- 1. Book Your Free Strategy Call**
- 2. Join My Coaching Program**

**Let's unlock the success waiting for you on the other side of intentional growth!**

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# LET'S GO.

Thank you for reading!

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# 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

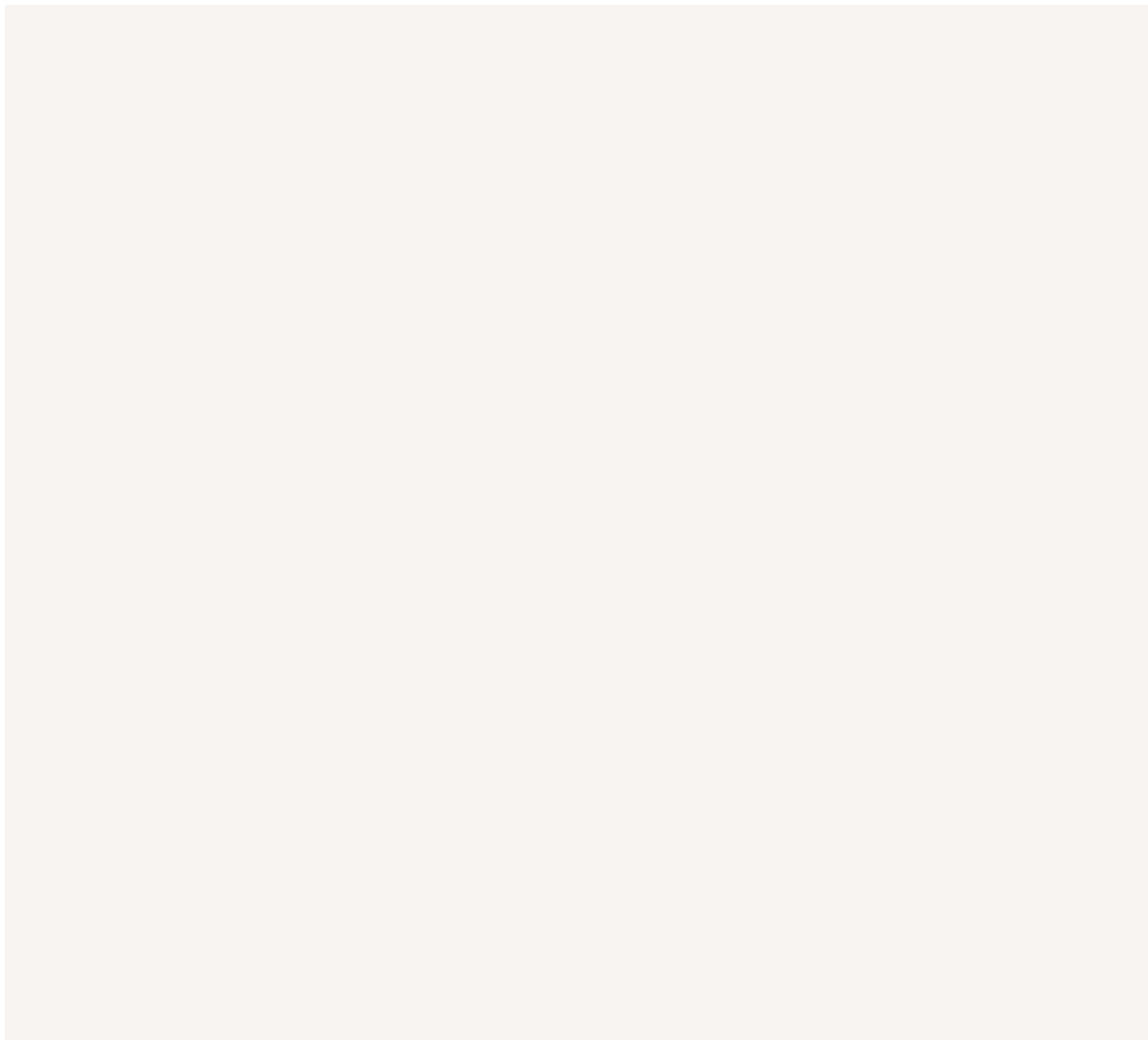
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- Move my body*
- Walk in nature
- Meet with happy friends*
- Cook a good meal
- Allow myself to rest*
- Do what I said I'll do

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

IMPORTANT

DO it today

SCHEDULE a time to do it

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NOT IMPORTANT

DELEGATE it

ELIMINATE it

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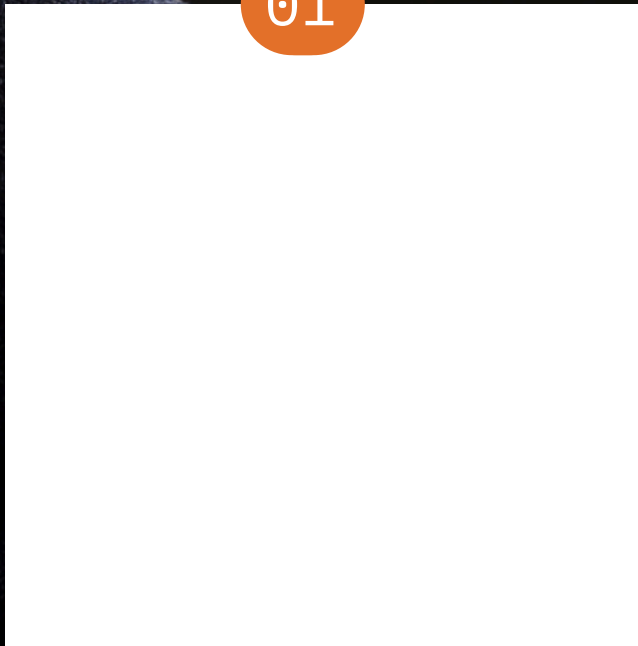
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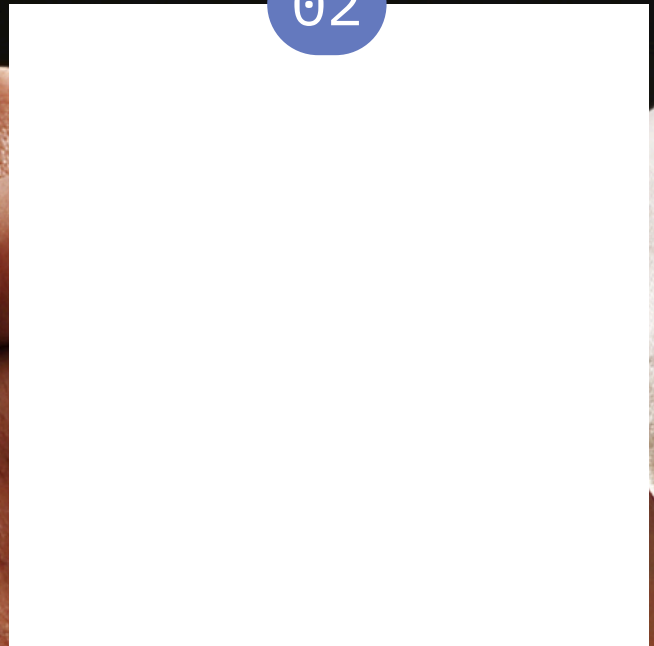
# THE PILLARS OF YOUR BUSINESS

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

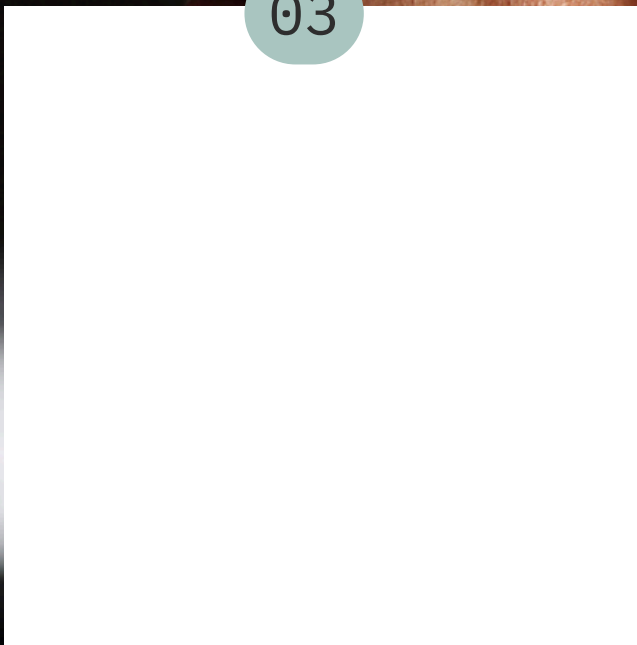
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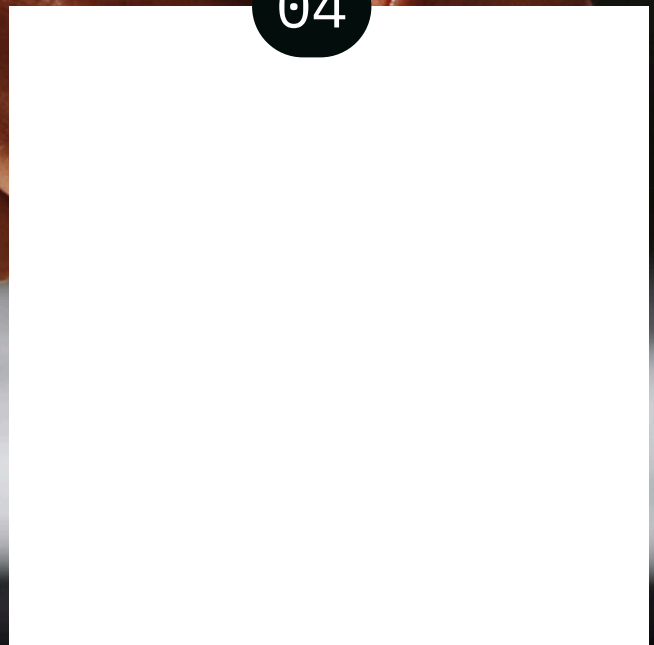
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# GOALS

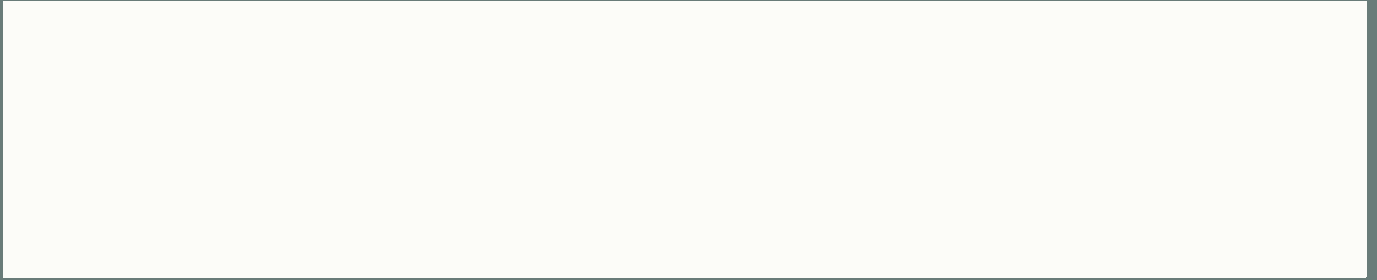
<b>GOAL</b>	<b>ACTION STEPS</b>
	1.
	2.
	3.

<b>GOAL</b>	<b>ACTION STEPS</b>
	1.
	2.
	3.

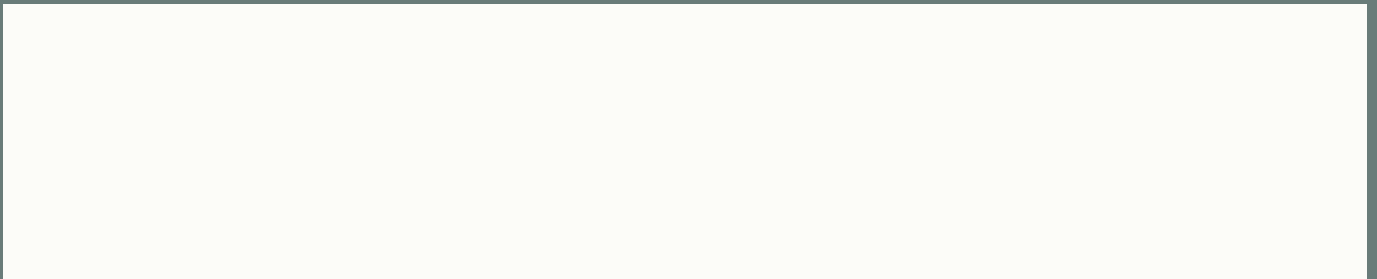
<b>GOAL</b>	<b>ACTION STEPS</b>
	1.
	2.
	3.

# MONTHLY GOALS

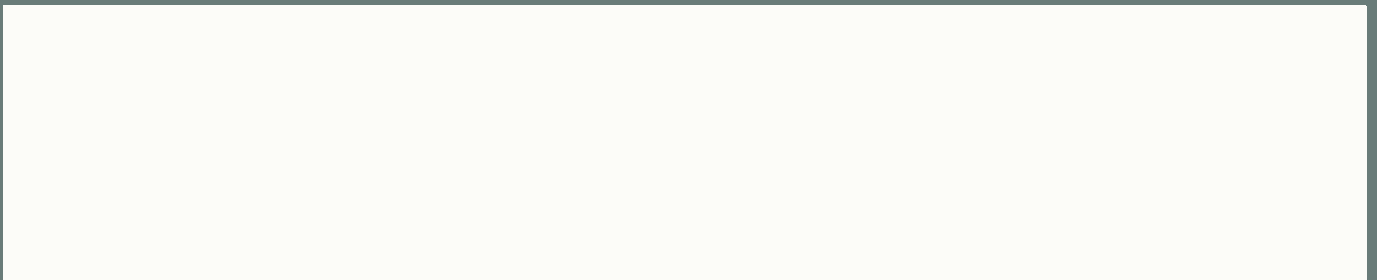
## WEEK 1 GOALS



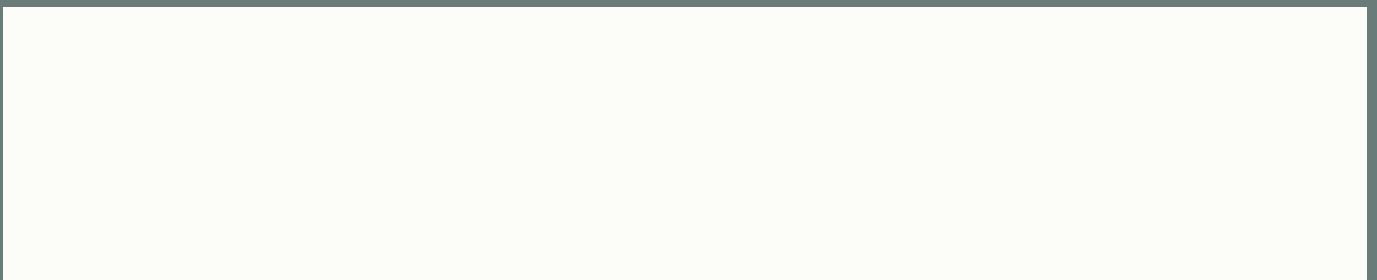
## WEEK 2 GOALS



## 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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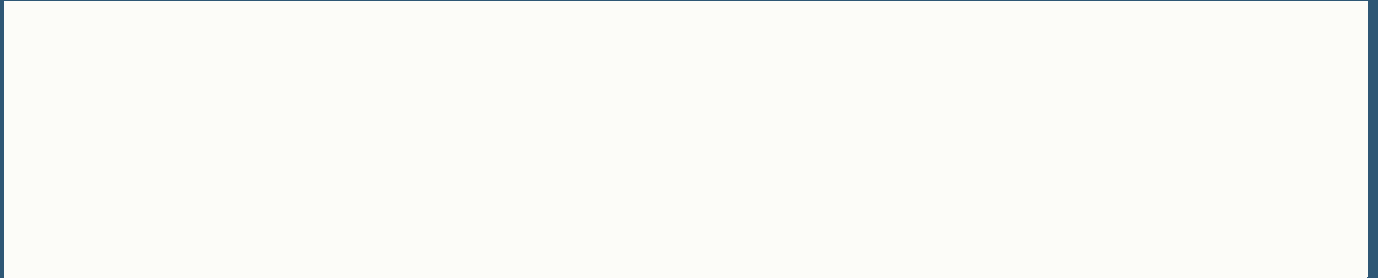
## Q4 GOALS

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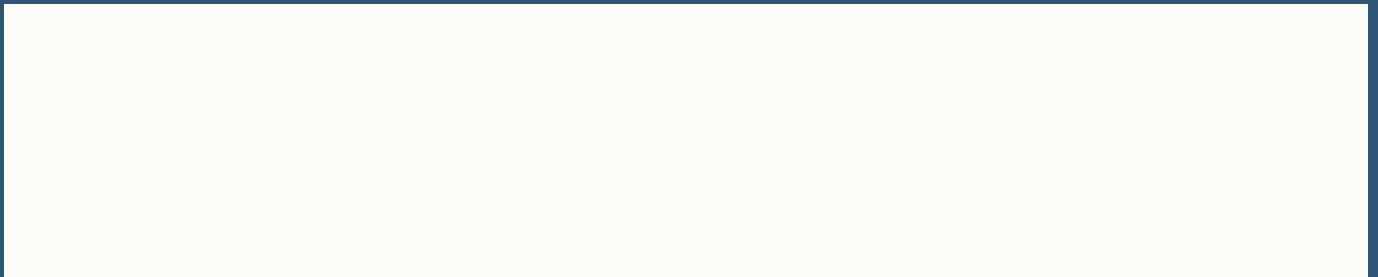
# THE GAME PLAN

Your thought strategy or course of action for this year.

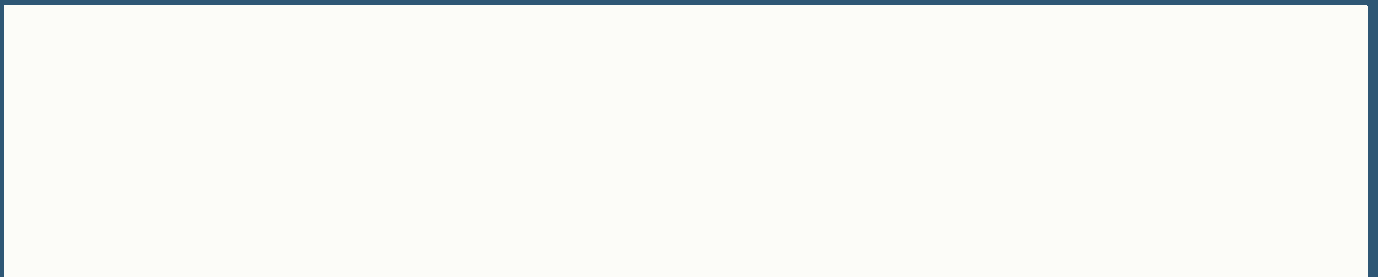
## Q1 GAME PLAN



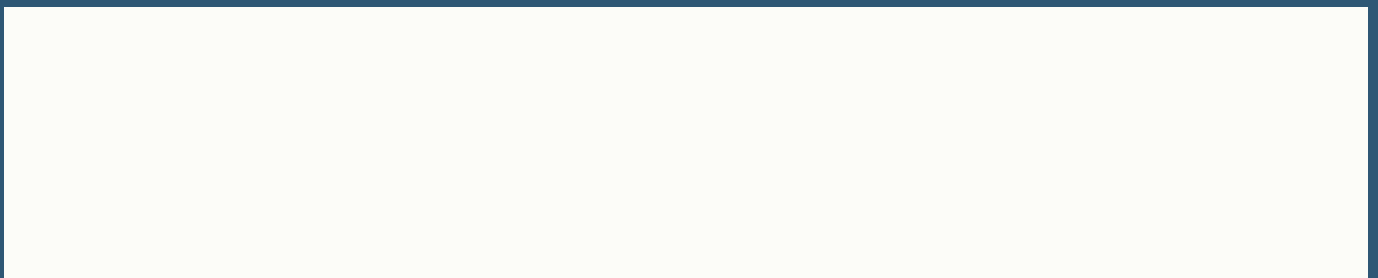
## Q2 GAME PLAN



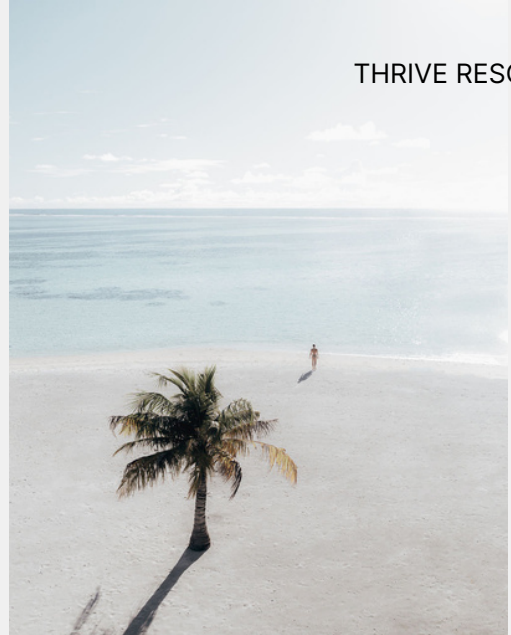
## Q3 GAME PLAN



## 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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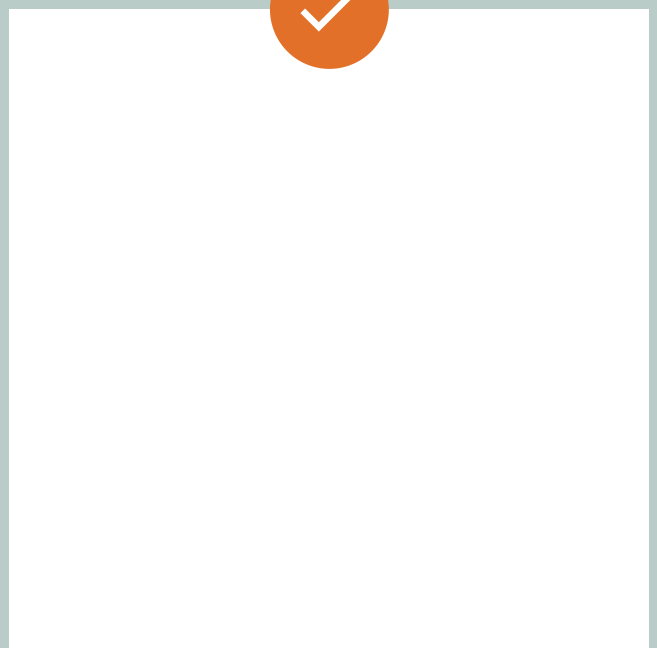
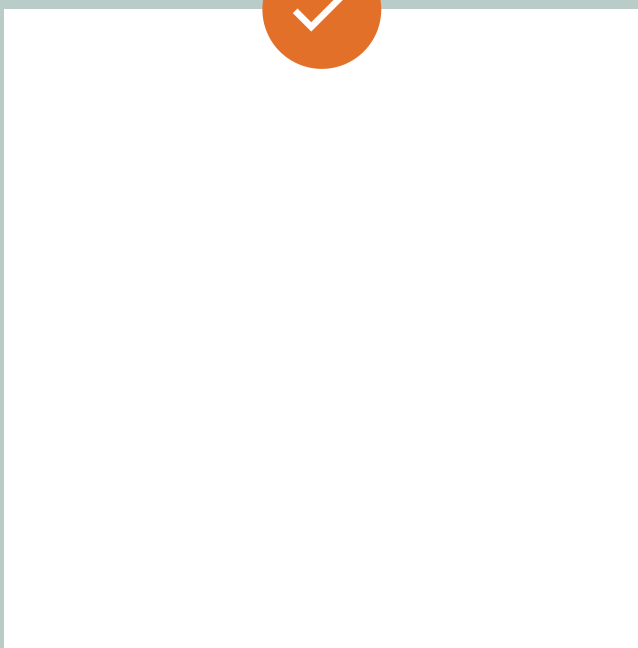
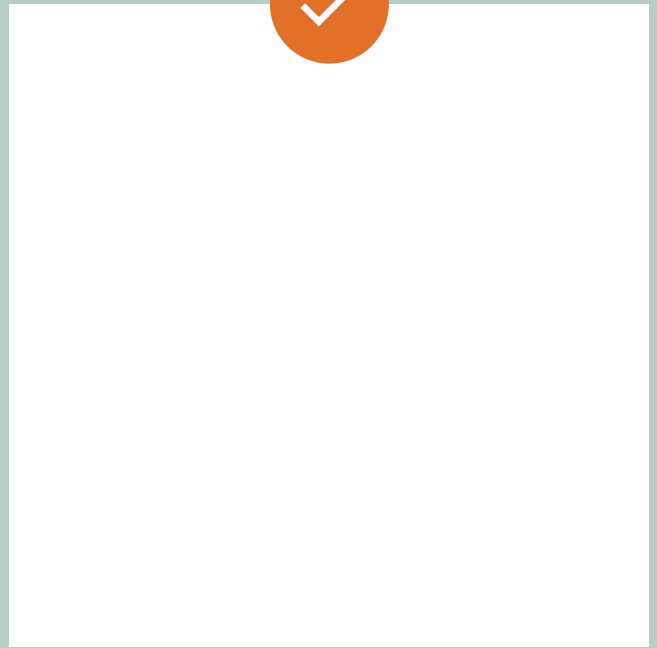
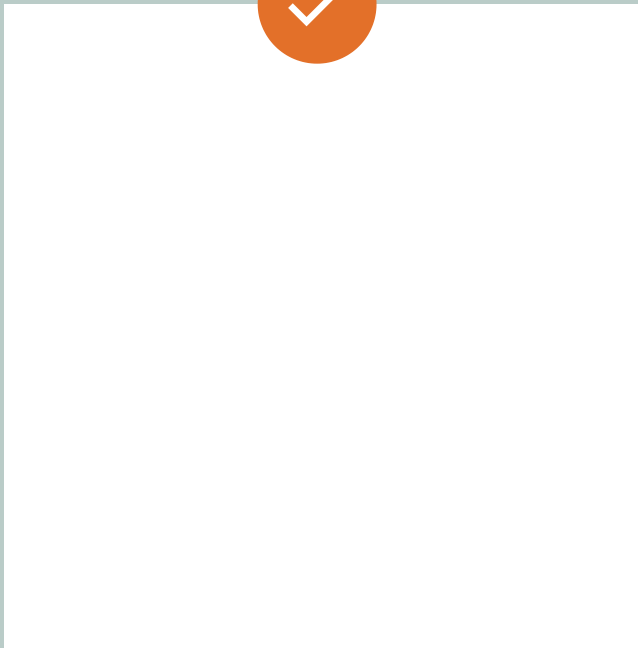
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# Key Elements of a Mindful Morning



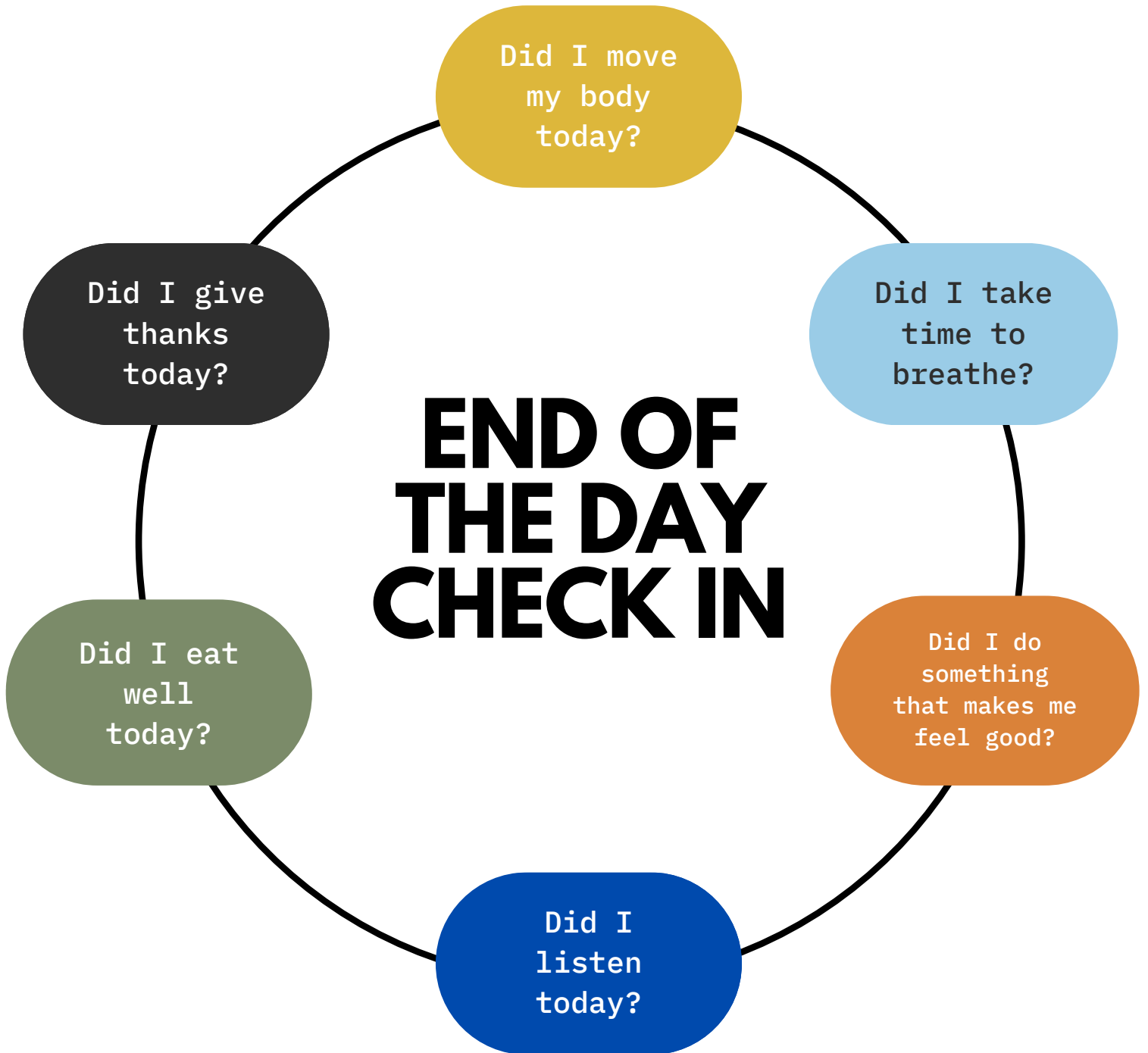


**INSTEAD OF**

**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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