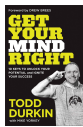


GET YOUR MIND RIGHT



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I.M.P.A.C.T.

I =

M =

P =

A =

C =

T =

#1. _____ will make or break you!

What are your BEST habits right now?

What are your WORST habits right now?

What's giving you the MOST "JUICE" these days...

What's draining or distracting you....

Establish 3-5 Rules that will help you operate at your BEST self, right now...

What are they? (Write them down) ...

1.

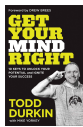
2.

3.

4.

5.

"The secret of your success is found in your daily routine."



#2. Amp Up Your _____

“He or she who has their health has 1,000 dreams. He or she who does not, has ONE.”

What needs to change in your business or life... (healthset, mindset, heartset, soulset)?

What decisions need to be made to improve your personal care...

Top 5 Ways to Improve Your Fitness

1. Train 4-5 days per week minimum.
 - a. 2 x per week of resistance training for 20-30 minutes
 - b. 3 x per week of cardio training; minimum 20 minutesSample Resistance Exercises: Pushups, Walking Lunges, Pullups, Deadlifts, Kettlebells, Dips, Bicep Curls
Sample Cardio: Jogging, elliptical, cycling, swimming, walking
2. Wear a heart rate monitor (Train at $180 - \text{AGE}$). (ie., burn a minimum of 400 calories per workout).
3. Stretch every day for 10 minutes.
4. Infuse yoga/Pilates/meditation or other mind/body exercise.
5. Hire a “coach” if you need accountability, motivation, or know-how.

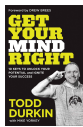
Top 7 Ways to Improve Your Nutrition

1. Increase Hydration...1/2 your bodyweight in fluid ounces of water per day!
2. Eat breakfast!
3. Eat every 3-4 hours.
4. Go wild! The less legs it has, the better.
5. Fuel up before and after training (almonds, protein shake, fruit, protein bar) and refuel after training (protein shake within 15 minutes of completion).
6. Slow down when eating and breathe!
7. Cook More!!!

Top 8 Ways to Improve Your Mindset

1. Workout.
2. Don't Watch the News.
3. Surround yourself with positive, energetic people. PROTECT YOUR ENERGY!
4. Read GREAT books and listen to GREAT podcasts and GREAT music.
5. Journal.
6. Extreme Personal Care.
7. Get Out in Nature.
8. Meditate/ pray/ quiet time.

**“If you don’t make time for your wellness,
you will be forced to make time for your illness.”**



#3. _____ at all Levels

**“A Leader of One, A Leader of Many...
If You Can’t Lead One Then You Can’t Lead Any”**

TD’s Top 13 Leadership Points

1. Passionately COMMITTED to the VISION!
2. Leaders COMMUNICATE.
3. Leaders make GUT decisions.
4. Leaders make good hires & cultivate greatness.
5. Leaders set high expectations, walk their talk, and raise people up.
6. Leaders provide feedback in a “caring & compassionate” way.
7. Leaders LISTEN.
8. Leaders show EMOTION.
9. Leaders aren’t afraid to CHANGE if it’s going to help the organization.
10. Leaders can show the way in the darkest hours.
11. Leaders LEAD people through change or tough times.
12. Leadership DEVELOP other leaders and provide growth opportunities.
13. Leaders exemplify LOVE.

Follow the ABC’s

A =

B =

C =

“The pessimist complains about the wind. The optimist expects it to change. The leader adjusts the sails.” – John Maxwell

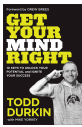
“I cannot say whether things will get better if we change; what I can say is they must CHANGE if they are to get better.”

“Change your thoughts and you change your world.”

“We are products of our past, but we don’t have to be prisoners of it.”

“You can’t change what is going on the outside... until you change what is going on in the inside.”

Do something...for someone else. Try being a “servant” every day. Serve your guests, colleagues, and leadership team! When you come to the game with an attitude to give and to serve, it pays big dividends.



#4. _____ **Not Who You Are**

“Always focus on the front windshield and not the rearview mirror.”
~Dr. David Jeremiah

Sometimes you need someone to _____ in you.... And have them say
things that you NEED to _____.

And then ultimately, you MUST _____ in you!!!

Recap → H.A.L.F.

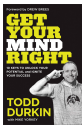
H = Habits Will Make or Break You

A = Amp Up Your Self Care

L = Lead At All Levels

F = Forget Not Who You Are

Live a Life Worth Telling a Story About... What's Your Story?!



Thank You!

Thank you so much for joining me today. I honor you for being here to invest in your own personal & professional growth. If I can help you at any time, please do not hesitate to reach out to me at my contact information below.

Here are some additional recommendations/resources for you to continue “getting your mind right” and “living a life worth telling a story about.”

- Podcast: [Todd Durkin IMPACT Show](#) (new show drop every Monday)
- Book: [Get Your Mind Right](#)
- Todd Durkin IMPACT Coaching Group:
<https://todddurkin.com/impact-coaching/>
- ***For “And Then Some” content including IMPACT Nutrition Tips, Peak Productivity Tips, Recommended Reads & Podcasts go to***
<https://todddurkin.com/firstc-td>

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