

immortal
executive

Creating
Powerful
Performers
via
High Energy
Performance



I help dissatisfied executives transform their frustration into High Energy Performance in all areas of their life.

How do you prioritize 'you'?

In today's Newsletter we'll address: how you can kick into gear your personal and professional 'individuality', as you move forward and evolve.

3 Focal Points:

- **Self-perception**
- **Modification**
- **'Evolve'**

How well do you prioritize you?

I have 'highly active' twins, Caleb and Brianna, who can at times challenge my composure. Smart, engaging, boisterous, and 'asserting their independence', in a way you and I might have felt the belt strap as kids...had we had done the same to our parents. I'm left to 'own' my composure.

Your composure, like mine, is dependent on how you treat yourself inside and outside your work environment... and within relationships.

Just the other day I was observing a potential clients' highly overactive mind, and the way that he was profoundly distracted. I intervened and asked him the following: *"How well do you prioritize yourself?"* It was clear from his silence that I had hit a raw nerve.

The reason that I ask this particular question is: I want to know that the person sitting in front of me is committed to 'do the work' to become a High Energy Performer, or committed to making the 'shift'. We are going to work to powerfully influence the rest of your life... and it takes presence and a definitive commitment.

So I'm asking you the same question, right here, right now: **How well do you prioritize you?** We are looking at the big picture... not whether you get a monthly massage.

There are no excuses when it comes to you. Responsibilities... absolutely! Time for 'renewal' and a way to express your 'individuality'... a must.

So what I'm challenging you to do, just like I challenged my potential client: is **crave success**. This isn't just any success. It's the success of High Energy Performance, where you retain your 'individuality' and expose/live your potential.

How does this look for you?

It all starts with **'self-perception'**. You determine your attitude and preferences, and you act upon them. Though, **what if you allow other variables to dictate your terms?** You end up *affiliating*, knowing something or someone else is the driving force in the rest of your life.

You were recruited into your profession because you offer invaluable input; You were chosen as a spouse because there was powerful attraction; You were chosen as a friend because there was strong identity with someone else... **Where are you in the picture now?**

I have to be honest: I see more disgruntled executives; more apathy in relationships; more insincere friendships built on obligation, than I see 'authenticity', and a desire for quality. **Where is the 'definitive you', who once made powerful decisions and took nothing for granted?**

If I'm sounding harsh I'm not apologizing... I'm challenging you.

Self-perception is key to getting what you want for yourself as a powerful High Energy Performer. It's to ask the critical questions, and come up with 'aha' answers. I'm challenging you to do exactly this.

With everything going on in your busy life you might feel that you are 'battered' from all sides. Step to the side of this, regain some composure, and you create 'lucrative opportunities' to stimulate that professional verve... passion in your relationship... connection with friends that have meant the most to you...

This all starts with self-perception, and relentless action, rather than going through the mundane punches and raising your hands in defeat. You powerfully shift your attitude and preferences, reinstalling life into your frenetic and often fatiguing day. This is where you value yourself and 'get creative'... adding value to the rest of your life. Self-perception means personal investment.

How do you turn this into action?

Robust self-correction - what I refer to as **'modification'**.

I remember a time living in Hanoi, Vietnam, 4:45am hitting the bitumen road on the quiet streets. Wheels turning at an acceptable cadence, I felt this rush... passion kick in, as I cycled harder and harder in the near 100% humidity. My legs and body unleashed new life. This didn't happen because I didn't have it in me. It happened because I let go of the distractions, excuses, barriers - humidity, pollution and passing cars... and let loose. I was flying... my heart was pounding... my legs reaching a new cadence... and I left the cars behind. This is the 'innate passion' that I'm talking about. This is me at my best, just like you when you release the handbrake. This takes 'teamwork' - to raise your passion, 'get connected' and ensure sustainability. You are modifying your current approach... and letting loose.

If you had it once, it's still there. It might be hidden, it might be dormant... though it's craving to be let loose. Passion is key to modification. When you crave success, what you are craving is the absolute best that you have to offer yourself... and this might mean taking risks, to re-energize your momentum.

How do you solidify this approach?

You consciously prepare yourself to **'evolve'**.

Check in with yourself right now. If you were on that bike at 4:45am, burning up the cracked bitumen, **how liberating would it feel passing cars, not distracted by the challenging environment?** This is a powerful metaphor for how you can function when you choose to 'evolve'. No excuses or barriers. You mentally step forward reigniting your youth: age 20 something, when you felt like you could take on the world... and you did. I'm 53 years-young, and I'm constantly challenging myself, exploring, refining, and defining how I choose to live my life. I want you with me as part of a community of High Energy Performers, asking and delivering more of yourself, because you are passionate, resolved and determined to define your life, rather than allow it to slip by. Professionally, in your relationship, with friends... you are bridging deficits and defining your ideal scenario... for this the rest of your life. It's a conscious choice and journey.

***"Our greatest human adventure is the evolution of consciousness.
We are in this life to enlarge the soul, liberate the spirit, and light up the brain."***

- Tony Robbins, author and novelist

Craving success means prioritizing you. Not from a place of egotism, though certainly from a place of self-accountability. I'm with you, and here for you, to help light up the synapses of your brain, so you reach your professional pinnacle, passion in your relationships, and connectivity with yourself and others.

Take-Away

Here's the misnomer: "Success is evil." There is a disjointed reality in this amazing country of ours, that professional and personal success delivers results for the few while others are left subordinate. This isn't a political debate. It's a statement to challenge mediocrity.

We all have the potential to thrive as High Energy Performers, recognizing and fulfilling our purpose, challenging norms, and elevating our performance and output as High Energy Performers. This often takes risk, composure, powerful self-perception, modification of your current reality, and an evolution to light up your potential and keep it ablaze.

Let's do this together. Connect with me at 1-470-428-0851.

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Have a powerful week...



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