

# Level Up Workbook

*I do love a locker room.  
It smells like potential. ~ Ted Lasso.*

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# Welcome

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Here's your 'welcome aboard' message without fluff.

Let's start as we mean to go on...

As we've already agreed, what we're teaching in this program will only work if you do the work.

We'll be going 'all in' with what we deliver, but it only works if you turn up and do the work.

As you take the journey to Level Up your life you'll be introduced to key activities and resources that can help you 10X (or more) your productivity and perform at a higher level more consistently.

But, there are no silver bullets.

Your success requires that you take some very deliberate steps to optimise your routines, defend yourself against the Attention Army and adopt lifestyle behaviours that serve you.

Commit to a zero tolerance to bullsh\*t. Make the Masterclasses non-negotiable. Commit to the others in your intake, play your part in the community.

It's too easy to say, "Something came up"... We've deliberately timed the Masterclasses so that they kick off before the main hum-drum and 'white noise' of the working day kicks in.

Get ready to prime yourself for increased productivity and peak performance!

***We don't rise to the level of our expectations,  
we fall to the level of our training.***

*~ David Goggins.*

# Lifetime Resources

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To help you make life changing transformations in a very practical, day-to-day way we've curated the tools and techniques we use to perform at our peak on demand, creating time and freedom for what matters most.

You'll have lifetime access to these resources but we suggest you dive right in, commit the various entry points to resources page to memory and save the link as a favourites right now!

As you're here reading this, the fastest way to access the Resources page is to scan the QR code below.

You can also access it manually by visiting [resources.theimpactproject.io](https://resources.theimpactproject.io)

Note: There's also a button that will take you straight there in your original Intake Page

Our advice? Go to the Resources page right now and spend 5 minutes taking a look at what's on offer!

There are some absolute nuggets of gold awaiting you!

***What are you waiting for? Go!***



# The Life Radar

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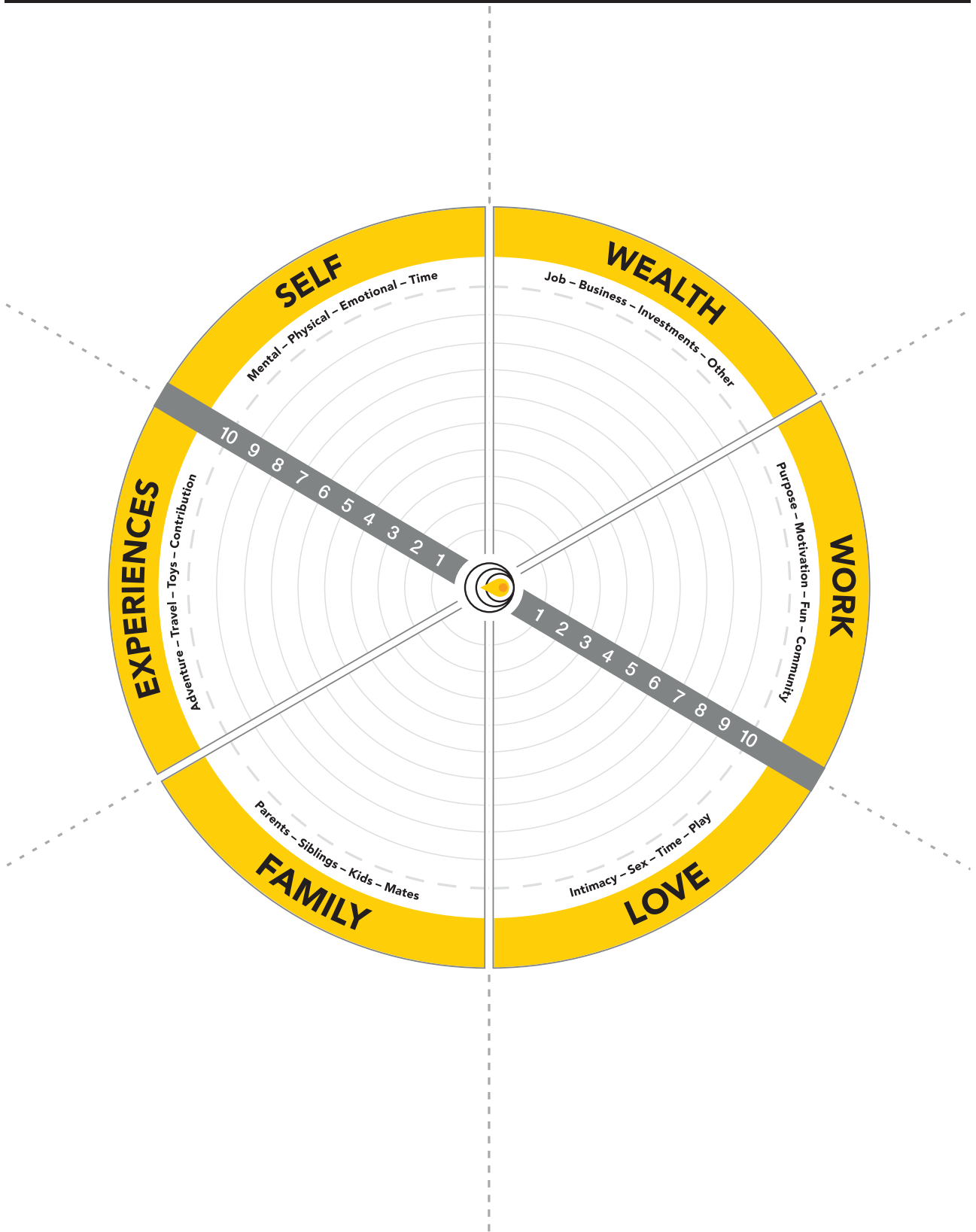
On the next page is a blank template of The Life Radar.

This tool has the potential to become one of the fastest roadmaps you're ever going to come across for getting clarity about where you are today and which areas of your life represent the best opportunities for growth.

As you'll be learning how to use The Life Radar in Week 1 of your Level Up journey, make sure you print a couple of copies before jumping into your first Masterclass.

**Handy Hint 1:** If you can't print this out in advance, don't worry, but it means you'll need a few sheets of paper and a pen so you can create your own as you're guided through completing it for the first time.

**Handy Hint 2:** Once you've completed your first Life Radar, take a photo of the finished version so that you can easily save and reference it in the future.



# Buddy Call Checklist

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Buddy calls are high performance, focused agreements that create accountability and turbo charge your results.

We strongly recommend them.

Buddy calls work best when they maintain the same time and days each week, timed just after and your last Masterclass and then again, just before your next Masterclass.

In less than 10 minutes follow this tried and tested checklist (rhythm).

## Step One

Nominate a timekeeper (take turns each meeting)

## Step Two [1 minute each]

Each of you share a 'mini win' from either the last Masterclass or something else in your life

## Step Three [1 minute each]

- Simply state if you're 'On track' or 'Off Track' from your previously agreed #NonNegotiable commitments
- If 'On Track', your buddy repeats the process
- If 'Off Track' you simply ask your buddy, "What do you need to do to get back on track?" and, if appropriate, "How can I help?"

## Step Four [3 minutes each, max]

- Share the highlights from the Masterclass activities  
e.g. Top 3 areas for growth from The Life Radar
- State your #NonNegotiable activities for the week (buddies, take note!)  
e.g. Create clear actions targeting the #1 growth opportunity from The Life Radar  
e.g. Committing to completing 3 x breathwork sessions before the next buddy call (schedule them into your calendar)

# Buddy Call Checklist

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## Step Five

Wrap it up! Agree the next time and date for the next buddy call.

**Handy Hint:** This call should NOT become a burden or time waster - it should never exceed 10 minutes.

If you both want to 'chat', ensure you close the accountability phase of the call by saying something like, "Accountability Complete" and then, you time is yours to do with what you wish!



# Low Value Activity Elimination

As you'll be completing these two sections in your second week, make sure you print a couple of copies before jumping in your first Masterclass.

**Handy Hint:** If you can't print these out in advance, don't worry, but it means you'll need a few sheets of paper and a pen so you can create your own as you're guided through completing them for the first time.

## 1. Define Which Of Your Low Value Activities You Plan To Eliminate

*(your list must include at least one from the below 'Top 5' list)*



**Phone - social media Apps and other unintentional usage**



**Food - preparing food for function, not leisure (cooking, cleaning, shopping)**



**News - consuming current affairs intentionally**



**Streaming - YouTube, Netflix, Stan, Apple TV, Google TV etc...**



**Alcohol - regular or excessive consumption**

# Low Value Activity Elimination

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## 2. Flesh Out Your Life Rulebook & Your Life Playbook

*(your list must include at least one from the below 'Top 5' list)*

### **Scalable Rule**

*Write down at least one scalable rule that solves a scenario you face daily.*

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### **Morning Routine**

*Write down your morning routine in detail.*

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# Massively Transformative Purpose

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**Using passion to drive purpose can be accelerated by creating clarity around your massively transformative purpose.**

It sounds simple with only four steps but, take your time and embrace the struggle...

**Step 1.** Write down 5 massive global challenges (mental health, world hunger, cancer prevention, clean drinking water).

**Step 2.** Be hyper-specific: Mental health >> Establishing clear steps to reduce suicide levels

**Step 3.** Tie these specific, global challenges to your passion

**Step 4.** Use this to craft your Massively Transformative Purpose (In 1 sentence, no more!)

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# Active Recovery Protocol Template

Example	Activity	Duration
The Stack	Sauna	20mins
	Box Breathing	(10mins)
	Mindfulness	(5mins)

Day 1	Activity	Duration

Day 2	Activity	Duration

Day 3	Activity	Duration

Day 4	Activity	Duration

Day 5	Activity	Duration

# NEAT Checklist

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Non-Exercise Activity Thermogenesis is a great opportunity for boosting your activity levels without dedicating 'more' time to an already busy lifestyle.

It's a fancy name but, in reality, activity thermogenesis can be broken up into two categories.

**Exercise activity thermogenesis** is energy expended from exercise that we intentionally engage in (doing a gym class, going for a run...). We focus on activity thermogenesis – calories burned while exercising.

**Non-exercise activity thermogenesis** (NEAT) is the energy expended for everything we do when we're not sleeping or exercising (hence the "non-exercise"). This could be carrying the shopping bags, mowing the lawn, walking up a flight of stairs to get to the office... They all burn calories, and more than we would expect.

In the spirit of stacking the opportunities to increase your NEAT, list 10 opportunities you can create below, for example, taking the stairs rather than the lift, taking your conference call on a walk outside etc.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**Rules Of Engagement:** You MUST write down 10 (less is not acceptable). Add them to your calendar as a way of remembering to actually do them!

**Handy Hint 1:** Treat this like a game, get creative and challenge yourself. Make it fun!

**Handy Hint 2:** Try to find at least 3 examples in your list that you can do with someone else, be it a work colleague or a loved one. This could be a 'walk n talk' meeting rather than using a meeting room or an online meeting.

***We don't stop playing because we grow old;  
we grow old because we stop playing.***

*~ George Bernard Shaw*

# MVP Movement Session

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How many times have you heard, “I don’t have time to go to the gym”? Well, the BS stops here. We all have the same 168 hours a week to optimise; it’s not time you lack, it’s priorities.

And if you feel your best you perform your best. Therefore, start thinking about movement as a fundamental form of supplementation that is immensely powerful.

The task below is to create your Minimal Viable Proposition or MVP movement routine. That means a ‘10 minute or less’ movement routine that you can do anywhere, anytime.

**Handy Hint 1:** Use this as an opportunity to improve a specific movement, don’t just select the movements you find easy.

**Handy Hint 2:** Keep a record of your results - what gets measured gets managed.

***I’ve never regretted a workout after I’ve done it.***

*~ Felicity Lemke, 2 x Australian Olympic Gold Medal Swimmer*