

The Power of Habit: 3 Gateway Habits to Success

Setting the Stage:

The 4 Pillars of Performance™

- Mindset
- Habits
- Movement
- Fuel

Harness Your 4 Pillars of Performance



Mindset



Habits



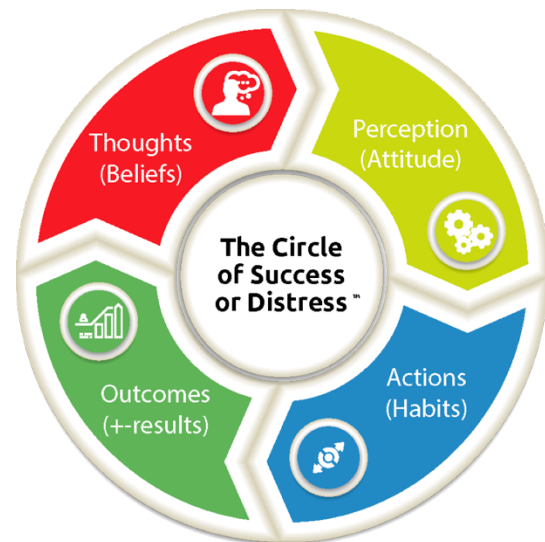
Movement



Fuel

© 2017 Tim Borys

The Circle of Success or Distress™



The Science of Habit

Components of a Habit

- _____
- _____
- _____

The Process of Change

- Direct the _____
- Motivate the _____
- Shape the _____

Micro Habit: The Mobility Minute™

The Power of Habit: 3 Gateway Habits to Success

Your Gateway Habits

MORNING: FRESH! Start Morning Method™

- *Start*
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
- *Go!*

DAYTIME: Focus & Energy Accelerator Moments™

- _____
- _____

EVENING: Evening Wrap-up Ritual™

- _____
- _____
- _____
- _____

Attendee BONUS Downloads

*1 Year of Functional Fitness Programming (250+ sessions)
Success Guide: Avoid 5 Functional Fitness Mistakes Made by Fitness Pros
Plus one more valuable bonus!*

Visit teachmovement.com/CFP19 to download today!