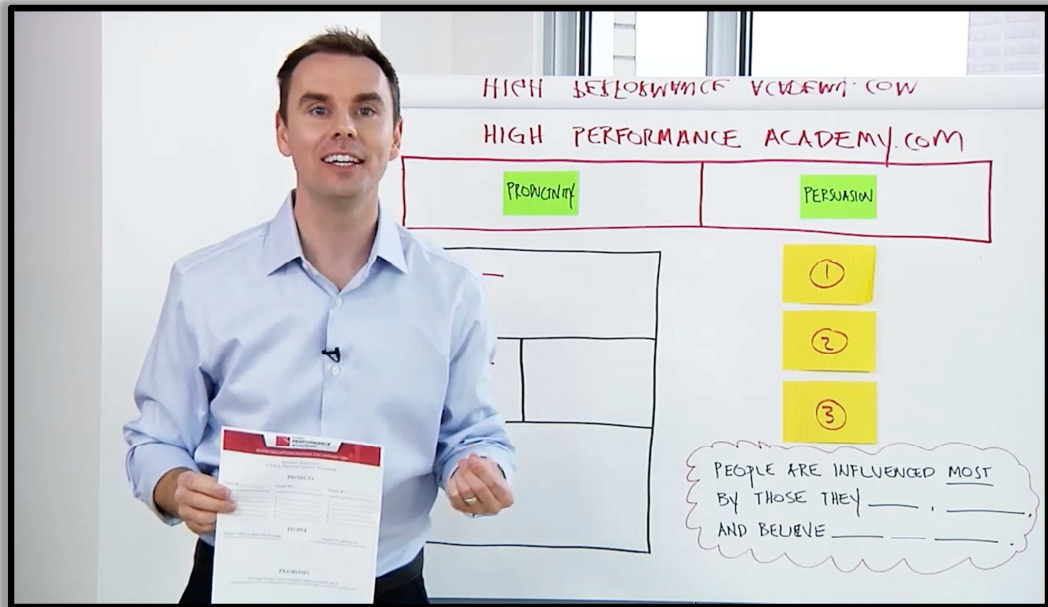


Make the links live Brendon Burchard's
"Productivity and Persuasion"
Secrets for High Performers Cheat Sheet



In this video, I am going to cover how to optimize your day through my One Page Productivity Planner and also give you four secrets to making you a more influential and persuasive person.

Productivity

You can grab the One Page Productivity Planner download at

<http://www.doncrowther.com/wp-content/uploads/HPA-1pageproductivity.pdf>

We will be working through helping you to:

- Approach your day in a more productive way
- Stop the email inbox drip getting you sidetracked and working off of other people's agendas
- Teach you how to get your own personal agenda back
- Feel in command more of your life
- Feel a greater charge, excitement and enthusiasm for the world
- Focus on the core principles of High Performance building within you a stronger internal charge of clarity, confidence and courage helping you connect with other people and contribute to the world.

When beginning your day, address your physical needs and get into the right mindset:

- Our focus is to be productive & get things done- do not go check your inbox on the computer first thing
- Open your body and engage
- Ask yourself these 3 things:
 1. What am I excited or could create to be excited about today?

2. What am I grateful for or appreciate having in life today?
 3. What am I committed to making happen today, no matter what?
- Drink lots of water
 - Eat a healthy breakfast
 - Start your day at the office- ready to be productive
 - Strategize: Work through the One Page Productivity Planner

Projects

- What projects do you have in your life that you would like to accomplish?
- What 5 big things does this involve to advance and move things forward to complete this project?

People

- Who am I waiting on or a decision from that I cannot move forward until I get this information?
- Who do I need to reach out today that will advance the projects of my life?

Priorities

- What are the things that I must accomplish today, no matter what?

Persuasion

Presence

- The person who is most present is the most influential. Be there...fully engaged and energized in the moment.

Clarity

- The person who is clearer about the options of what can be done together is the most influential. Be aware of the relationship between you and them.

Old/New Argument

- The person who has the motivating case logically and emotionally of pivoting how things are now and where they can go in the future together is the most influential.

****People are influenced most by those they *Trust, Admire*, and believe *Care for Them*.**

- There are two ways of exerting one's strength: one is pushing down, the other is pulling up.
(Booker T. Washington)
- The greater way to have a connection with people is to care more for them. How can you demonstrate more caring today?

Hope to see you at our live High Performance Academy. For more information on Brendon Burchard and The High Performance Academy, go to <http://www.doncrowther.com/a/bbhp2b/>

Notes and cheat sheet courtesy Don Crowther. For more social media and online marketing tips visit <http://www.DonCrowther.com> and subscribe to the newsletter there.