

# Performance and Wellness Mindset Strategist Plan

1

## Assess

We evaluate key areas of your life, including work, profession, schedule, productivity, nutrition, sleep, mood, physical activity, relationships, and overall health.

2

## Identify

We determine the primary areas where meaningful changes are needed.

## Mindset Strategist

3

## Prioritize

We organize these changes in order of importance for a clear focus on what matters most to you.

4

## Plan

We develop actionable, realistic plans designed to implement lasting improvements in your life.

3

## Commit

By creating flexible steps to achieve success and maintain progress, you stay dedicated and committed to following through with your plan.