

NextGen Professionals Cohort







SESSION SEVEN

Build Your Peak Performance

September 3, 2026

YELLIN GROUP

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NextGen | Session Seven
Build Your Peak Performance



AT YOUR BEST!

When? What's happening?

Where is your head?

Video Notes

P = p - i

Performance =
Potential - interference



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Today's BIG Question



How are you allowing interference to get in the way of your best performance?

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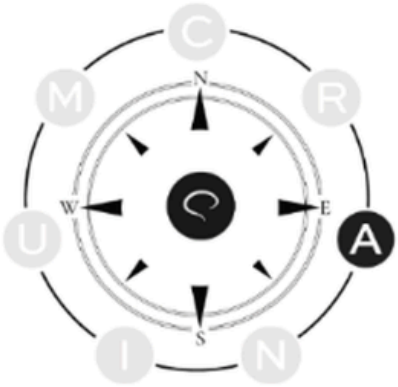
THE ACTION STRATEGY



EMBRACE LIMITATIONS. DEBUNK MYTHS.

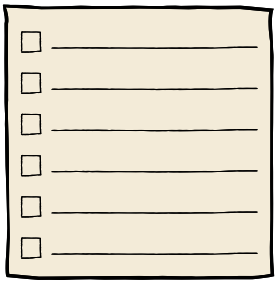


Peak Mindset

Draft the Story



Prioritize Your Day



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THREAT MINDSET'S CONSEQUENCES

- Defensive mode
- Have to be "right"
- Reactive not responsive
- "Simple minded" (either/or)
- Confirmation bias
- Missed opportunities



RECALL AND NOTE

A recent situation where you were **not** at your best. Which of these descriptions were true for you?

PEAK MINDSET'S BENEFITS

- Aligned performance
- Increased willpower
- Perspective taking
- Flexible and fluid
- Curious and open
- More creative
- Focused and energized



When did you recently experience these benefits?
What was different for that situation?

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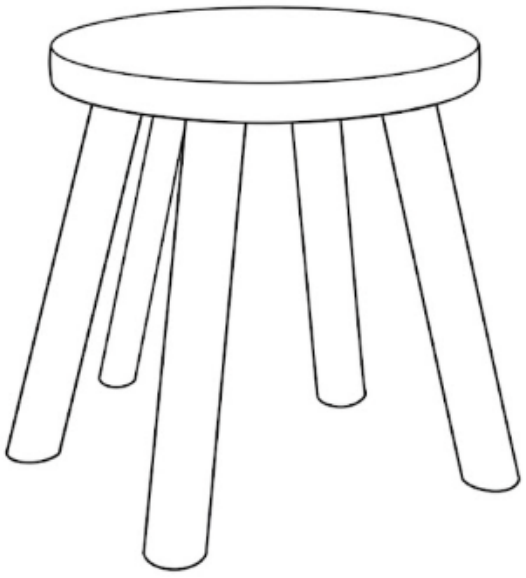
Your Peak Performance Mindset begins here!

E + R = O

Event (prepare) | Response (optimal) | Outcome (peak)



HOLISTIC

HEALTH

BALANCE

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Your Mindset Story Coach

1. What meaning am I giving this?
2. What meaning do I want to give this?
3. What do I know to be true?
4. What is mine to own? (and what isn't)
5. Where do I need clarity for the next step? (who can help?)
6. Does this deserve my attention or my energy?
7. What serves the greater good?
8. How might this be happening FOR me rather than TO me?
9. How do I respond in alignment with who I want to be?

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3 Questions



- What can I look forward to the rest of today?

- What has potential to derail/worry me & how will I choose to respond to it?

- How do I want to feel at the end of the day & what do I need to do to make it a reality?

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Prioritize Your Day/Week

PROJECTS

Project 1:
3 big things I must do to move this project forward:

Project 2:
3 big things I must do to move this project forward:

Project 3:
3 big things I must do to move this project forward:

PEOPLE

People I need to reach out to today:
List the people you have to reach out to today no matter what.

People I'm waiting on:
List the people you need something from to move forward.

PRIORITIES

The main things I must complete today, no matter what.
List the priorities and to-dos that must be accomplished today and DO these before getting trapped in your inbox and other people's agendas.

PRAISE

3 things I am grateful for:

People I can acknowledge or thank:

PRESENCE

The way of being that is important for me to maintain today:

This template is inspired by: Brendon Burchard. High Performance Academy. http://brendonburchard.tumblr.com.

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Energy Facts for Living out Your Day

01 Your brain burns 20% of the body's energy at rest

02 Your brain runs on energy

03 Decisions burn energy

04 Stress depletes energy



Align your work with your energy.

Protect Your Energy	Leverage Your Energy	Respect Your Energy
Use it for your highest-value thinking	Use it for execution and collaboration	Use it for recovery
• Strategic thinking • Writing • Problem Solving • Innovating • Difficult Conversations • New Information • Decisions	• Meetings • Follow-ups • Administrative Work • Routine Communication • Reviewing Work • Project Management	• Breaks • Exercise • Walking • Reflection • Simple Tasks • Recovery Activities

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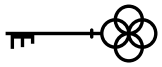

KEY CONCEPTS

- Threat vs Peak Mindset
- 5P Planner
- Green, Yellow Red Energy Zones



One thing I will try is:

IDEAS: Mindset Story Coach; 3 Daily Questions; 5P Planning; Aligning Work/Energy

I will try it when:

I will know it's working if:

If I forget or struggle, I will:

My next step is:

I will check in with _____ on _____ by text email call.

Name of partner | date | circle one

Partner's contact information: _____

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