

Living Your Life In Peak Performance

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Peak Performance

STOP PLAYING SMALL

Scott D Speight

#GETOVERIT

Table of Contents

<i>Introduction</i>	vii
Know How You Got Here	1
Know Who You Are	5
Know Your Zone	9
Think You Are Playing Big? Think Again!	15
Change Your Mindset	17
Know Where You Are Going	21
Determine Your Self-Limiting Beliefs	23
Let Go!	27
Make a Decision	29
Get 'Em Talking About You	31
Stop the Mind Chatter	35
Play Full Out	37
<i>About the Author</i>	41
<i>What's Next?</i>	43

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Introduction

Sometimes in life you just have to #GETOVERIT. In just a moment I am going to ask you to make one of the most important decisions you have ever made in your life. No, it has nothing to do with buying anything, marrying anyone, or making a major move. Yes, those are important decisions that must be made, but the one I am going to press you to make, while it could actually affect those choices, is much bigger. Before I get to that, I want to talk a little about your thought process.

The mind is a very powerful tool that we too often take for granted. Our mind operates on two distinct levels—the subconscious mind and the conscious mind. I won't get into psychology here but I want to make a very important point before we move forward. Your mind is the most powerful thing working for you, so be very careful as to what you allow to enter in. It has the power to make or break you. The conscious mind is the processor or the navigator to your actions—the part of your mind that allows you to make decisions. For instance when you picked up this book, the conscious mind made you do that.

The subconscious mind is very much like a garden. Seeds are planted every second by the conscious mind. Those seeds must be cultivated, watered, and taken care of ever so gently; if they aren't, it could mean the difference in success or failure in your life.

Let me give you an example. Let's say you sign up to run a 5K but don't fully train for it. Days before the race your friends are encouraging you and telling you that you can do it, but your response to every one of them is, "I have never run more than a mile in my life. I doubt I will even finish. They will probably have to bring the paramedics in to carry me off." This is the story you tell—both to your friends and to yourself—even up until the start gun goes off. Sure enough, at around the first mile you are gasping for oxygen, your legs are giving out, your friend notices that you are not doing so well, and off the track you go with the paramedics. Your conscious mind continued to plant the seed to your subconscious mind that you are incapable of running more than one mile out of 3.106.

Now, let's take the same scenario and change it up a little bit. You announce to friends, family, and coworkers that you are planning to run a 5K race and immediately they begin to encourage you and tell you that you can do it. Your response to them is, "Thank you! Yes, I know that I will finish. I know that I will feel a sense of accomplishment when I have crossed that line." You continue to tell yourself this everyday as you train until the day of the race. On the morning of the race, you wake up revived and ready to run. At the end, you cross the finish line with a big smile and a feeling of accomplishment. You say to yourself, "I did it!"

Which result would you rather have?

The choice I am going to ask you to make requires you to get your mind right. It requires you to think a little differently and to continue to think differently. You will have to train your mind, but I know you can do it.

I want you to choose right now whether you want to remain just like you are, along with 95 percent of society, or whether you would rather play, work, and live like only 5 percent live. We all know how the 95 percent live; it's how most people live. The 5-percenters lead very different lives.

You probably know someone living the 5-percent lifestyle. The 5 percent live every day with intentionality; they live with purpose. Waking up every morning is exciting and there is never a dread for Mondays. The 5-percenters choose to live their dreams as if they are already happening.

In order to live an extraordinary life and play at the higher level of Peak Performance, you will have to believe that life itself is extraordinary. When you adopt that mindset, you will experience happiness and fulfillment in ways you have never felt before. Yes, there will have to be some sacrifices that must be made, as there is with anything worth having, but it is absolutely worth it to be able to live the life you've only dreamed of...until now.

So are you with me?

Before we get started, let me share what this book is about and how it can benefit you. I have written this book with *you* in mind. It is short, to the point, and without a lot of fluff. I want this book to shake your soul and show you that if I can take my dreams and make them my reality and live at Peak Performance, anyone can. It does not matter how young or old, how much education you do or don't have, or even what your background or family life was like

growing up. This book gives you the steps to live at a higher level every day. Yes, you can have it all and yes you can live at your Peak Performance. However, I must warn you of some things:

- You will be ridiculed. In other words, your family as well as your closest friends might not like where you are headed.
- You must be willing to give up a few friends, if not all.
- You must be ready for your life to look different than it does right now.
- You will have a passion and zest for life like you have never had before.
- You will feel alive and happy, and your attitude will be contagious.

By now you might be asking yourself, “Who is this guy and why should I read this book?” For years I was one of those in the 95-percent club, and quite frankly, I was miserable. I would go to bed every night with a dream in my soul and every morning I would wake with the same dream unrealized. I began to feel like I was in the movie *Groundhog Day*, because things weren’t changing for me. I was worn down, ready for a breakthrough.

One day I realized that in order to experience a breakthrough, I had to do something to create it—so I did. This didn’t happen overnight. I didn’t wake up the next morning and feel different, but what I did realize was that my mindset was different. I knew that for change to take place, it had to begin with a vision. That vision was and still is today to be the kind of coach everyone needs. Today, as a leadership and life coach, I help others to live beyond their limits and reach their Peak Performance.

Know How You Got Here

IT IS NO secret—we all have a past. The truth is, most of us have things from our pasts that we don’t want anyone to know about. I have been coaching a long time and have heard everything under the sun—nothing shocks me anymore. However, as you grow you realize that your past—the good and the bad—has made you who you are today.

The saying goes that we are all a product of our environment and while I agree with this statement, most people allow their environment to control their future. Remember that decision I asked you to make? Well, part of that decision entails you deciding to learn how to use your past, your history, and your junk as a launching platform to change your future.

Take a few moments to look back over your life and pick some of the defining moments, both good and bad, that have gotten you to where you are today. One of my defining moments happened at 8:30 a.m. on August 22, 1993. My life forever changed that day. As I topped a hill on HWY 503 in Mississippi, I was unaware that just a few yards ahead there was a car in my lane. The

two men in the car had been out all night drinking and crossed the centerline into my lane. Unable to stop in time or swerve around them, I hit them head on.

Due to my injuries, I was told I would never use my left hand again. Instead of accepting the diagnosis as fact, I made a decision in that moment that nothing was going to hold me back. I first had to get my mind right, and then I committed to doing whatever it took to have full use of my hand again. From that point forward, I began a new journey. Today, I am lifting weights, doing push ups, and have no restrictions with that hand.

Another defining moment was the day I met Donnie Lewis, the tour manger for Peter Frampton. Years ago, I sold life and health insurance and Donnie was one of many new potential clients who requested information. I had no idea who Donnie was or what he did for a living, but when we met, I knew he was someone I needed to get to know because he was obviously living his dream and living in his Peak Performance. I shared with Donnie that one of my dreams was to some day work with a celebrity in some capacity and, in that is when I learned that he worked with Peter Frampton. On that day my inner circle of friends and business associates jumped to a whole new level, as Donnie began introducing me to people I would have never met otherwise. Because of that relationship, I ultimately began coaching.

Several years after meeting Donnie, he called one day to share a business opportunity. One thing I know about successful people is that they make decisions quickly and very rarely look back on them and change their minds, so without asking any questions I immediately said “Yes” to this opportunity. Little did I know that saying yes to a network marketing business would be the beginning of something amazing.

Donnie and I, along with several key business associates worked that business very hard giving us both the opportunity to make some very strategic partnerships that have turned into life-long friendships. One of those partnerships came from meeting one of the top income earners in the company, Alan Thomas. Alan became a mentor to me and one day I asked him what he was going to do moving forward. He shared that he was going to start coaching businesses. This intrigued me; I just didn’t realize it. Alan then introduced me to one of the top coaches in the industry, Dan Miller, author of the best-selling book *48 Days to the Work You Love*. Upon meeting Dan, I read his book and very quickly began coaching and leading seminars to encourage those searching for the work they love. That was when my coaching career started.

Early in my career, there were many obstacles that I had to overcome. You’ll encounter plenty of your own as well. Despite the ups and downs in daily life, when I encounter an obstacle, I will find a way over, under, or through it—but I will achieve my goal. I want this for you also. I want you to gain that same sense of stubbornness about you.

We all have history and we all have stories from our past. What you choose to do with them could potentially have a tremendous effect on your future. I have learned how to use my story to help thousands of people turn their own lives around. You can do the very same thing! I want you to learn how to use *your* story to push yourself, to help others, and to ultimately reach your Peak Performance. Remember, your past is *no* reflection on what you are capable of doing in the future.