

Level Up

The Sequence

What level are you today?

What does the next level look like?



Survival



Stability



Success



Significance

A caterpillar knows inside that it is really a butterfly
even as it crawls on the ground
it knows it was meant to fly

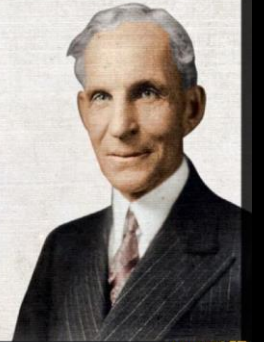


Keys to Remember:

- Have enough humility to listen to others who are a level up from you
- The same process that got you to the 1st level (Survival) will not get you to the 2nd level (Stability)
- When you squeeze an orange, you'll always get orange juice. What comes out is what's inside. The same logic applies when you reach the 3rd level (Success)
- Once you reach the 4th level (Significance) it's time to create a legacy by leaving an impact on people.

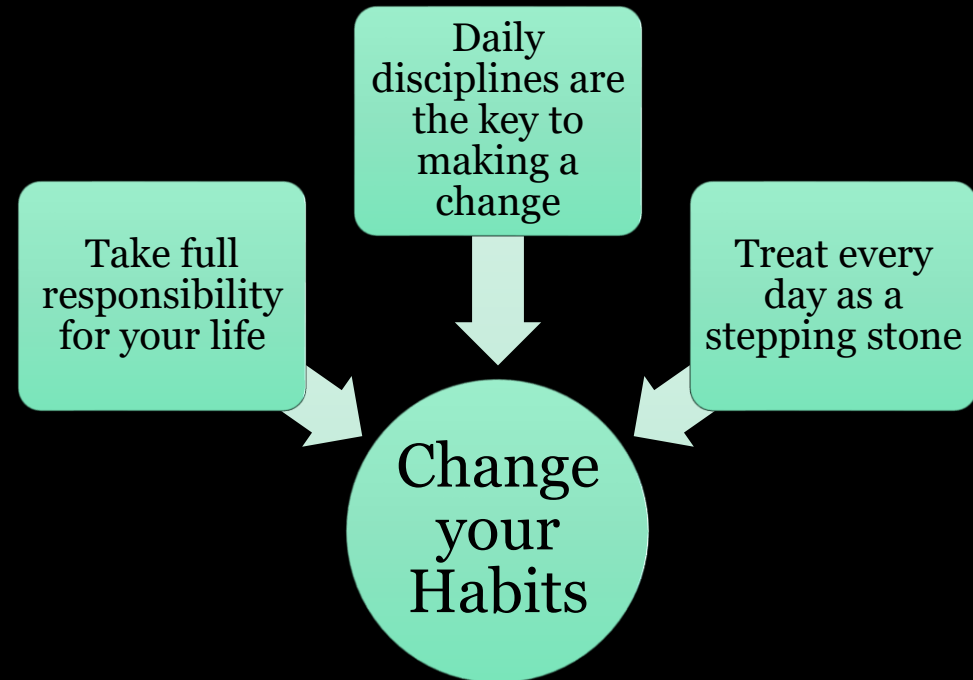
Money doesn't change men,
it merely unmasks them.
If a man is naturally selfish or
arrogant or greedy, the money
brings that out, that's all.

-Henry Ford



Survival → Stability

“A Great Attitude becomes a great day which becomes a great month which becomes a great year which becomes a Great **LIFE.**”
mandy hale



Stability → Success



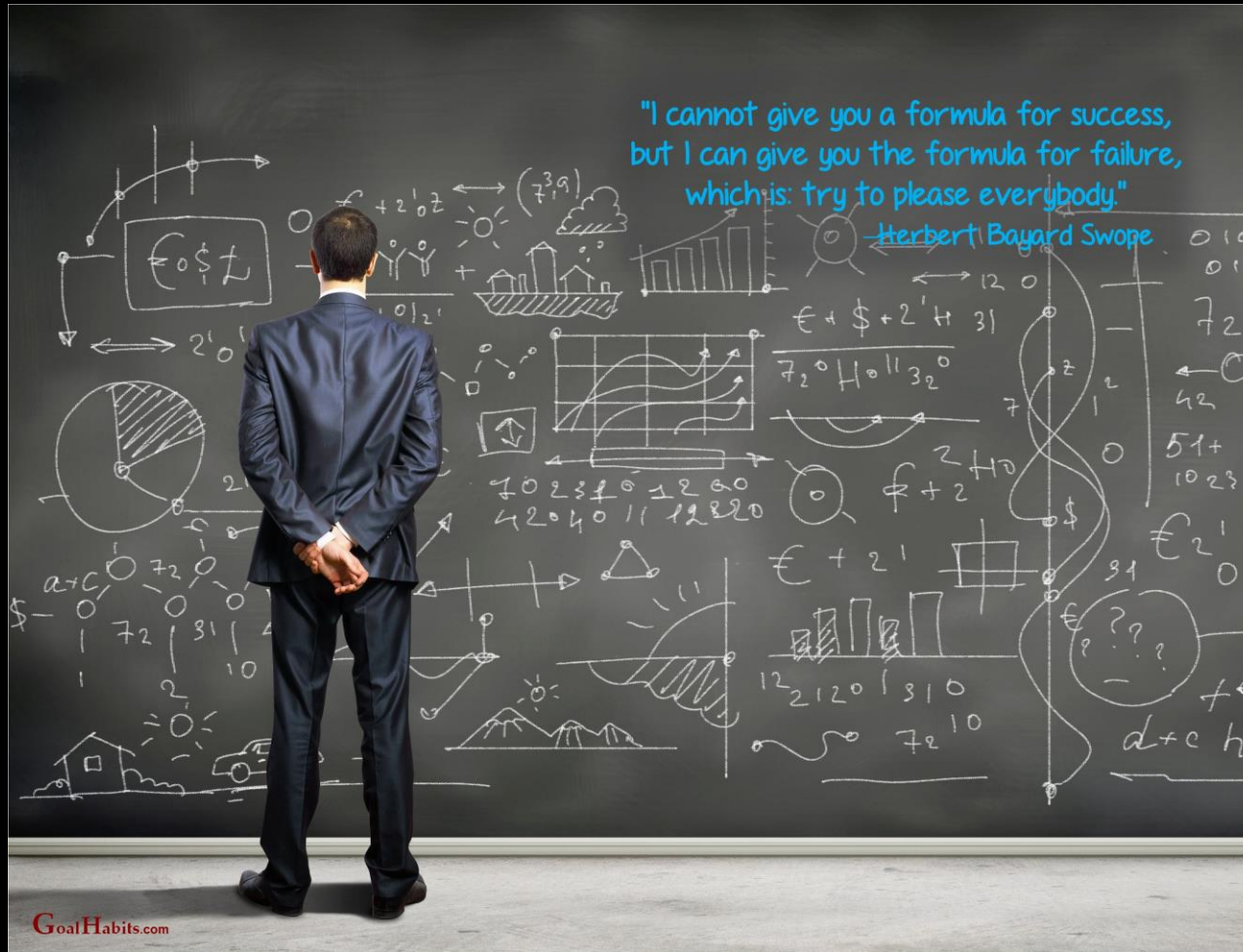
You must shift your Thinking

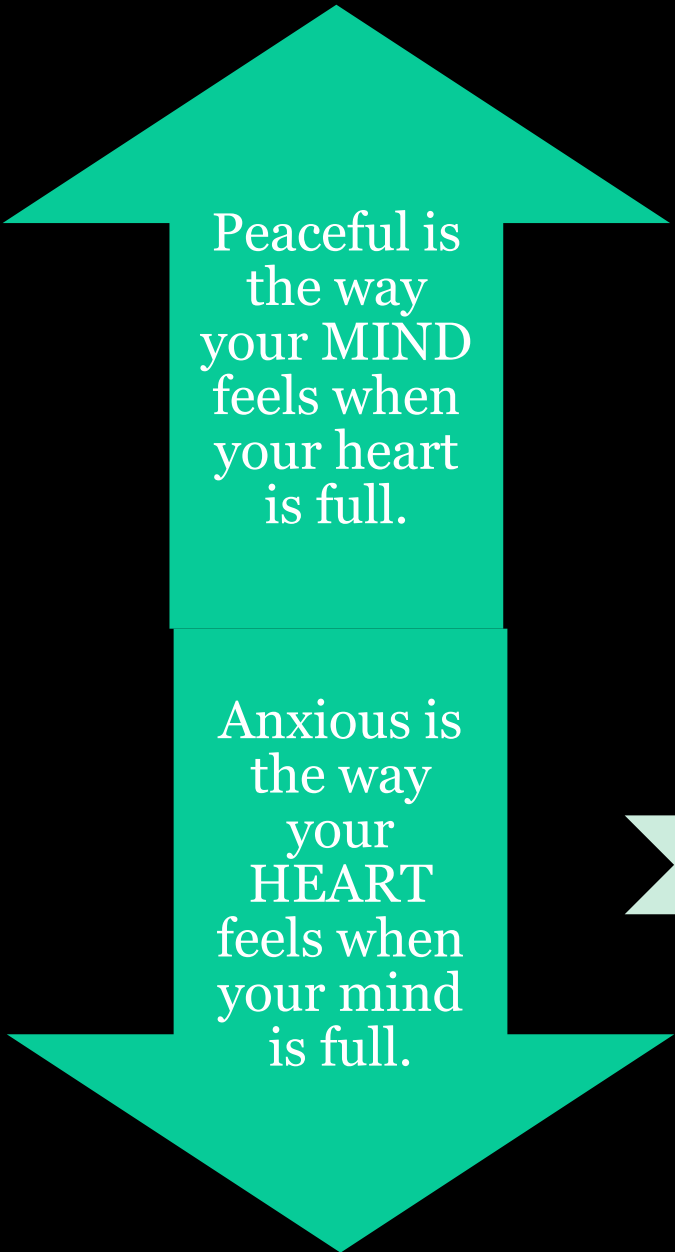
- Lean into who and what you love.
- Trust the path of your own convictions
- Be as relentless as the waves

There are going to be waves in your life.

When life hits you like a tsunami, you have to counterbalance with good stuff:

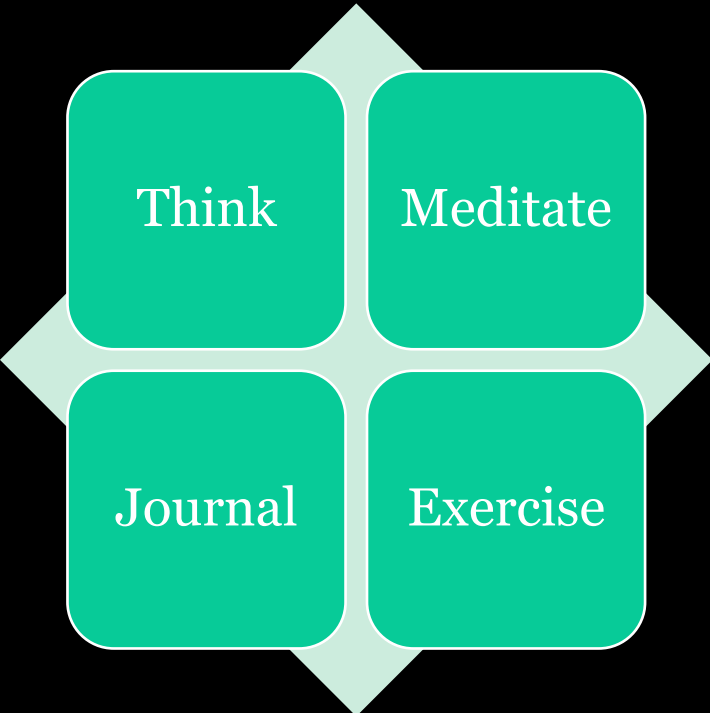
- Good books
- Good music
- Good podcasts
- Good entertainment





Success → Significance

You must change your 



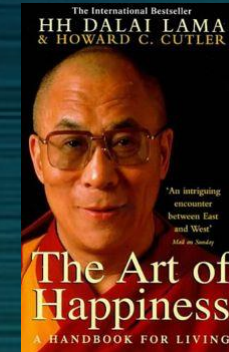
Success → Significance

You must change your



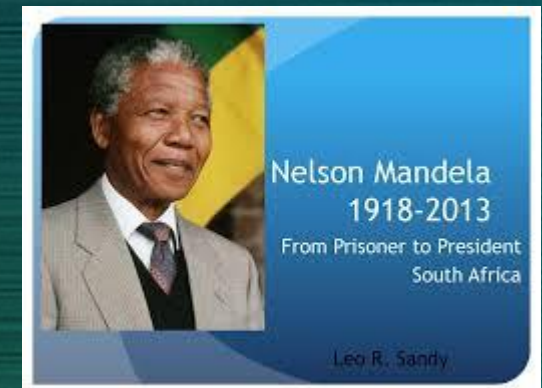
Compassion
is the key to
a happy life.

- BOOK: The Art of Happiness by 14th Dalai Lama and Howard C. Cutler



Out of your
pain comes
your purpose

- Most people who have great purpose went through a lot of pain.



How to Optimize Your Energy so You Can Level Up

Energy Drainers:



Energy Sustainers:



