

You Are Excellent

Average is overcrowded. You were designed for more than ordinary.

A free gift to move you from stuck to strong — a handful of practical ideas to raise your game at work and in life. No hype, just what works.

Free Freebies

- Review the week: what worked, what didn't, what's next.
- Build one keystone habit and let it pull the rest.
- Coach, don't just correct — grow people toward the answer.
- Protect your energy like a budget — spend it on what matters.
- Surround yourself with people who stretch you.

Trade Tricks

- Define what 'excellent' looks like for you — you can't hit a blurry target.
- Lead yourself first; people follow proof, not pep talks.
- Celebrate progress out loud; momentum is fuel.

CYNDEE'S CURE

Stuck in start-stop mode? Stop relying on motivation. Shrink the habit until it's almost too easy — two minutes a day — and let consistency do the heavy lifting. Small and steady rewires you.

BRETT'S BEST

Lead yourself before you lead anyone else. Do the hard thing on the day you don't feel like it. That's the whole game — everything else is commentary.

Yours, no ask — simply free. Put one to work this week and watch what shifts.