

# 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.

### Gifted Gifts

- Win the first hour — it sets the ceiling for the whole day.
- Pick three priorities, not thirteen; focus is the multiplier.
- Block deep-work time like a meeting you can't miss.
- Ask for the feedback you don't want to hear — that's where growth is.
- Track one keystone habit and let it pull the rest.

### 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.

*Consider these our gift to you — freely given, no strings. If they helped, there's more waiting when you're ready.*