



## CURRENT STAGE:

**STRUCTURED**  
MATURITY LEVEL

## MENTORING STEPS REQUIRED TO REACH THE **DISCIPLINED** LEVEL

### 1. TRAIN THE MIND TO MANAGE YOUR LIFE

- Learn how to motivate yourself 24x7x365. Once the mind is trained you will ALWAYS be motivated and productive
- Learn the process to manage your energy (mind and body) for peak performance and maximum results

### 2. CHOOSE ACHIEVEMENT OVER DISTRACTION

- Learn how to be EXTREMELY efficient with time by managing external interference
  - When interacting with someone on a subject that's not really that important to you listen to every 3<sup>rd</sup> or 4<sup>th</sup> word and attempt to draw a conclusion to speed them along. If your conclusion was incorrect (50/50) then so be it. Let them continue talking while your mind is back to strategizing on your priorities
  - Spending less time with extended family or friends i.e., aunts, uncles, etc. WITHOUT hurting anyone's feelings or destroying the relationship
  - Significantly minimize phone conversations
- Eliminate noncritical/non-urgent activities (i.e., excessive TV, surfing the internet for hours at a time, irrelevant phone calls/texting, needless interruptions, listening to other people's minor problems, etc.)
- Learn how to control your emotions. Emotional distractions waste an exorbitant amount of time (i.e., relationships, politics, friends, etc.)

### 3. BE FUTURE-FOCUSED

- Learn to focus on the future. Consistently strategize to make improvements in your life
  - Accomplish milestones ASAP. Be able to constantly visualize success
  - Today is irrelevant – daily activities should have already been planned 1 to 2 weeks prior

- Your mind will be mentored to operate at a different level. You won't be wasting any cycles on issues that are irrelevant to your priorities; therefore it becomes more intuitive, keen, insightful, foresight, perceptive and sharp

#### 4. BECOME RESILIENT TO COMPLACENCY

- The DISCIPLINED level is extremely challenging yet very rewarding. For those individuals who thrive on numerous accomplishments, being highly efficient and possess the feeling of never being satisfied; learning to think with a sense of urgency is a key requirement to making that possible
  - The wheels of your brain will never shutdown – you can NOT turn it off. You will actually be trained to be afraid of complacency in order to be highly productive

#### 5. ADAPT SWIFTLY TO SITUATIONS

- You will learn to Change the mindset to adapt to any situation
  - Must be open-minded
  - How to look at life from a panoramic view
  - Try to stay outside of the box

#### 6. LEARN TO SLEEP LESS

- Learn how to minimize sleep to accomplish more

## DISCIPLINED

MATURITY LEVEL

### CONGRATULATIONS!

Consistently completing milestones (without failure), machine-like, sense of urgency mentality, accomplishing, efficient in every aspect of life!



The average duration to reach the **DISCIPLINED** Level is 9-12 months however you will begin to see Major results within 6 months.