

BEN NEWMAN NOTES

"I CAN MAKE A DIFFERENCE
W/ MY MESSAGE"
→ ITS GOT TO BE ABOUT
THE MESSAGE.

I DONT
HAVE TO
BUT
I WILL

PERSPECTIVE
FLIPPED FROM
SELLING TO
HELPING.

ANDY FRISSELLA:

- ⊕ THINK DIFFERENTLY
- ⊕ THINK BIGGER
- ⊕ SHOW UP DIFFERENT
IN MY LIFE.

STAY CONNECTED TO
YOUR BURN

"ITS A 12 ROUND
YEAR"

"UNCOMMON BEHAVIORS"

ITS A
CHAMPIONSHIP
FIGHT

ULTIMATE
OVER ACHIEVERS

- ENERGY • PASSION •
- ENTHUSIASM •

KEEP ATTACKING
THE PROCESS

"WHEN YOU THINK YOU'RE
DONE - YOU'VE GOT 40% MORE"

FRIDAY

- ⊕ INTENTIONAL FOCUS
RATHER THAN
PRESSURE

DEDICATE YOURSELF
TO WINNING
EVERYDAY!

- ⊕ AUTHENTIC
 - ⊕ VULNERABLE
 - ⊕ SERVING OTHERS
- IRON
SHARPENS
IRON

YOUR FIRE WAS
LIT BY SOMEONE
WHO BELIEVED IN YOU.

NO SEDUCTION OF SUCCESS

- ⊕ WE HAVE TO CONTINUE TO
IMPROVE
- ⊕ HAVE TO KEEP FIGHTING
- ⊕ ANALYZE YOUR BEHAVIORS
- ⊕ TO DETERMINE HOW BAD
YOU WANT IT
- ⊕ THE CHANGES WE NEED
TO MAKE
- THE PUSH • THE CHALLENGE •
• WHAT GREATNESS LOOK
LIKE •

ATTACKING THE DETAILS.

"BE INTENTIONAL ABOUT
YOUR DAILY BEHAVIORS"

- ⊕ ATTACK THE NEXT
LEVEL

HOW DO YOU SHOW UP
EVERY DAY

-RESULTS OR INTENTIONAL
FOCUS?

HARD 75: "I CREATED AN
ENVIRONMENT WHERE
THERE WAS NO WAY I'D
QUIT"

- 1 RELENTLESS PURSUIT FOR
GREATNESS
- 2 AS YOU THINK YOU BECOME
- 3 I AM UNCOMMON AMONGST
THE UNCOMMON.

WINNING IS:

→ TODAY I GAVE
IT MY BEST.
→ STACK YOUR DAYS.

- ⊕ YOUR CHALLENGE
GIVES YOU YOUR GREATEST STRENGTHS

"SEE THE
OPPORTUNITY
FOR US TO BECOME
STRONGER THRU
EVERYTHING WE FACE"

WHY WOULD I NOT
CHALLENGE
MYSELF TO SEE
WHAT I HAVE IN
MY TANK.

FINISH ?
POUND THE
STONE.

THE BURN

I WANTED TO
PROVE
TO MYSELF
THAT I WAS
WHO I SAID
I WAS!