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ATHLETICS OF BUSINESS WITH ED MOLITOR

- ⊕ THERE IS A SCIENCE TO TRAINING ATHLETES.
- ⊕ 70% OF C-SUITE EXECUTIVES ARE CONSIDERING QUITTING THEIR JOB BECAUSE THEIR WELL BEING IS SUFFERING.

- SPORTS GOT ME IN THE GAME BUT CURIOSITY LAUNCHED MY CAREER.

⊕ ACT IN A WAY THAT ALIGNS WITH YOUR VALUES.

⊕ RESPOND NOT REACT.

"I DID A GOOD JOB"

FIVE PILLARS

FOR BUILDING ADAPTIVE CAPACITY

- 1 SLEEP
- 2 EXERCISE
- 3 MENTAL FITNESS
- 4 NUTRITION
- 5 FOSTERING HEALTHY RELATIONSHIPS

- GOALS ARE A DESTINATION
- VALUES ARE ABOUT A DIRECTION
- GOALS ARE ABOUT WHERE YOU WANT TO GO
- VALUES ARE ABOUT WHO YOU ARE RIGHT HERE AND NOW

PSYCHOLOGICAL FLEXIBILITY

⊕ EVERYONE NEEDS A COACH.

TRAIN YOUR ATTENTION

ATTENTION IS THE CURRENCY OF PERFORMANCE.

TOOLS FOR MENTAL FITNESS

- BE FULLY AWARE IN THE MOMENT
- TAKE IN INFORMATION WITHOUT BIAS AND WITHOUT BEING REACTIVE OR EMOTIONAL

- HAVE CONTROL OVER YOU ATTENTION.

IF YOU WANT TO GROW - GROWTH EQUATION

[STRESS + REST = GROWTH]

{ STRESS IS THE GATEWAY TO GROWTH }

SEASON WHERE WE HAVE TO LEAN INTO HARD WORK - THEN WE HAVE SEASONS OF REST.

TAKE ON MORE STRESS WITH LESS COST

⊕ CREATE CONDITIONS FOR RESTFUL AND FULFILLING SLEEP.

SELF-AWARENESS

- ⊕ GRATITUDE PRACTICE
- ⊕ ALERTNESS TO CALMNESS

WRITE THESE DOWN

WHEN YOU TAKE ACTION ACKNOWLEDGE THE GOOD JOB YOU DID

⊕ LINKING ACTION TO AN ENDURING QUALITY VALUE

{ LINK THE ACTION YOU NEED TO TAKE TO WHAT YOU VALUE }

⊕ CELEBRATE SMALL WINS!
MINDFULNESS → BRING YOUR ATTENTION TO SOME PHYSICAL EVENT

⊕ YOUR GROWTH STARTS WITH THE BASICS

DOPAMINE - MOST PEOPLE THINK THIS IS THE MOLECULE OF REWARD - ITS REALLY THE MOLECULE OF MOTIVATION AND DRIVE.

YOU HAVE TO COMMIT TO THE ACTION OF GOING ' I TOOK THAT STEP IM GOING TO IDENTIFY MY VALUES - IM GOING TO TELL MYSELF GOOD JOB AND THEN IM GOING TO DO IT AGAIN

BUILD A BIGGER BOWL

⊕ WE NEED HUMAN INTERACTION - GET & STAY CONNECTED.