

Welcome to the 2024 CFWC Orange District Summer Conference!

Be Like Jane



Get the Job Done!

Living An *Intentional* Life



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**“THE WORLD WILL ASK YOU WHO YOU ARE. IF YOU DON’T
KNOW, THE WORLD WILL TELL YOU”**

—Carl Jung

My Story

How did I get here and what compelled me to become a life coach and speaker?

My Career:

- Spent 30+ years in Corporate America
- Consistently coached/mentored others
- Enjoyed the highs and got through the lows
- A student of personal development
- I felt that there was something I was being called to do but was unclear about the future

What did I do?

- Hired a coach to help provide direction, clarity and accountability
- Committed myself to my purpose to serve
- Left the 2nd largest employer on earth, Amazon, to start my own practice

What does this mean for you?

- I'm going to share some of the core concepts that I have implemented, both personally and with my clients, to live an intentional life



**Growth or Fixed
Mindset**

**Fixed
Mindset**



**Growth
Mindset**

I can't do that.



I can't do that yet.

I give up.



I'll find another way.

Mistakes mean
I have failed.



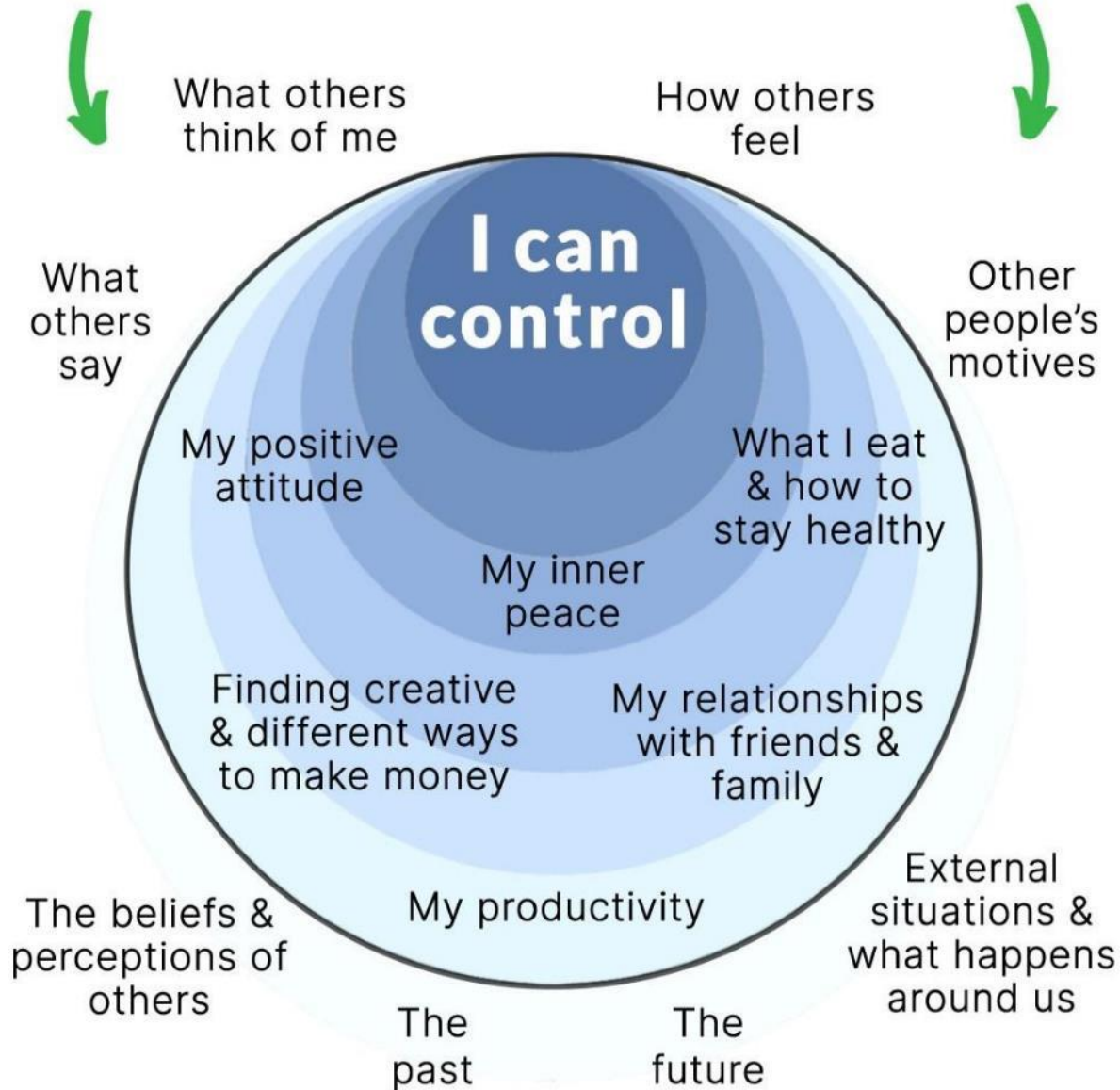
Mistakes mean
I am learning.

Success comes
from talent.



Success comes
from effort.

I cannot control



Here's how High Performance Institute found the answers:

1,000,000	HPI Assessments
300,000	Organizational Employees
1,600,000	Online Students
2,000,000	Newsletter Subscribers
10,000,000	Facebook Followers
100 million	Video Views/Comments

1. Global Surveys
2. Structured 1 on 1 interviews
3. Data Analytics
4. Academic Literature Review
5. Coaching insights from thousands of high performance coaching sessions
6. Empirical results from training

HIGH PERFORMANCE HABITS

PERSONAL

SEEK CLARITY

GENERATE ENERGY

RAISE NECESSITY

SOCIAL

INCREASE PRODUCTIVITY

DEVELOP INFLUENCE

DEMONSTRATE COURAGE

**Certified High
Performance Coach**

Definition of High Performance*

It feels like “full engagement”, joy and confidence from living your best self

**based on the book High Performance Habits
by Brendon Burchard*

**The good
news....**

**High performance living isn't
achieved by a specific kind of
person, but rather by a specific set
of practices**



“The two most important days of your life are the day you are born and the day you find out why”

— Mark Twain

CLARITY



Clarity

- What do you feel most certain and clear about?
- What do you value most?
 - Are you living in alignment with the best of who you are?
- How would you define your best self?



CLARITY

Exercise





“A power plant isn't energy, it creates energy”

— Brendon Burchard

Energy

- Physical
- Mental
- Emotional

Do you have the energy to consistently serve at the level you desire?

3 best practices:

- Quality sleep
- Watch what you consume
- Create transition time between engagements





“Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle”

— Christian D. Larson

PRODUCTIVITY

A lighthouse with a glowing light inside, situated on a dark cliff overlooking the ocean. The sun is setting in the background, creating a warm, golden glow over the water and sky. The lighthouse is white with a dark top section and a small window. The ocean is dark blue with some ripples. The sky is a mix of orange, yellow, and purple. The overall scene is serene and contemplative.

What matters most &
what matters least?



Plan/Do/Review

Daily/Weekly/Monthly

- Define What's Important
- Limit Multi-tasking
- Block time for distraction (Social Media, etc.)

Start each day with 3/2/1:

- 3 things you're grateful for
- 2 main things you have to accomplish
- 1 thing you'll tell yourself to stay centered



“Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others.”

— Brene Brown

COURAGE

Staying the course
when things get rough



Courage

- Do you know what you fear (and why)?
- What does inaction cost?
 - What difficult conversation have you been avoiding?
- What do you have to stop/start doing?





“Your greatness is less about becoming someone but more about understanding that you are someone”

— Trent Shelton

INFLUENCE

Positive outcomes
for all

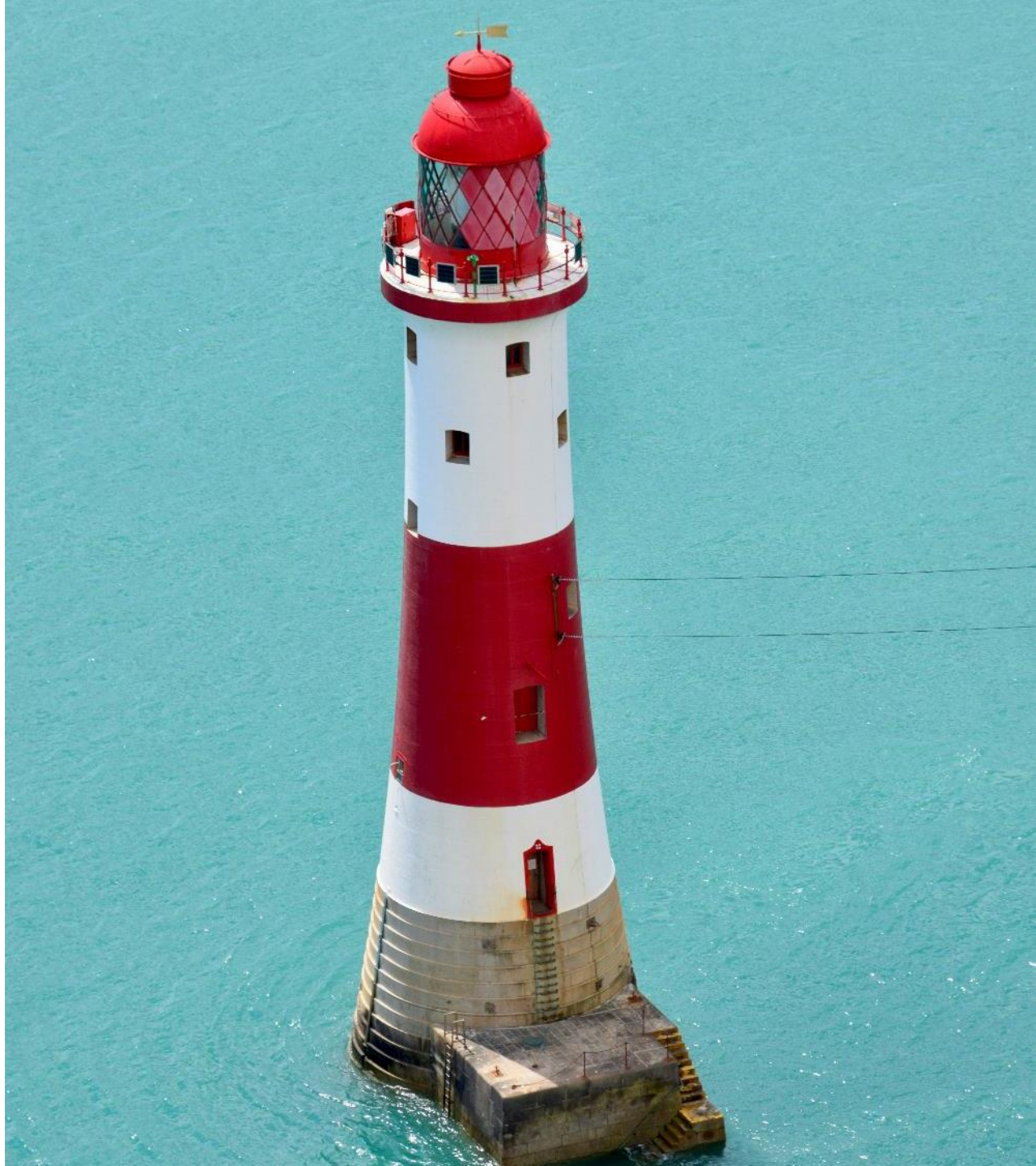


Influence

- Who is your biggest influence? Why?
- Challenge people to see a new/different perspective
- Be a role model in words and action

Ways to be Influential:

- Who do you want to influence?
- What must they believe and how does it align with a better future for them?
- Acknowledge before being attempting to be influential





“A person with a clear purpose will make progress on the roughest road. A person with no purpose will make no progress even on the smoothest road”

— Thomas Carlyle

PSYCHOLOGY

Mindset is everything



Psychology

- How often do you focus on negative thoughts?
- Can you identify your top strengths?
 - Challenge negative thinking (true/kind/helpful?)

How to focus on staying positive:

- Change your language (ex. Why do I “have” to do this? vs. Why do I “get” to do this?)
- Focus on the bigger picture (ex. What can I learn from this?)
- Practice positive affirmations every morning



Positive Affirmations

- *I deserve to feel good today*
- *I have my own back*
- *This is teaching me something I need to know*
- *Today is going to be a good day*
- *I will figure this out*
- *Every day, I'm getting a little stronger*
- *Don't believe me? Watch*
- *I am growing every day*
- *What's meant for me is trying to find me*
- *I am stronger than I think*
- *I am allowed to be a work in progress*
- *My new chapter is just beginning*
- *I choose to focus on what I can control*
- *This moment is temporary*
- *If I put in the work, it will happen*

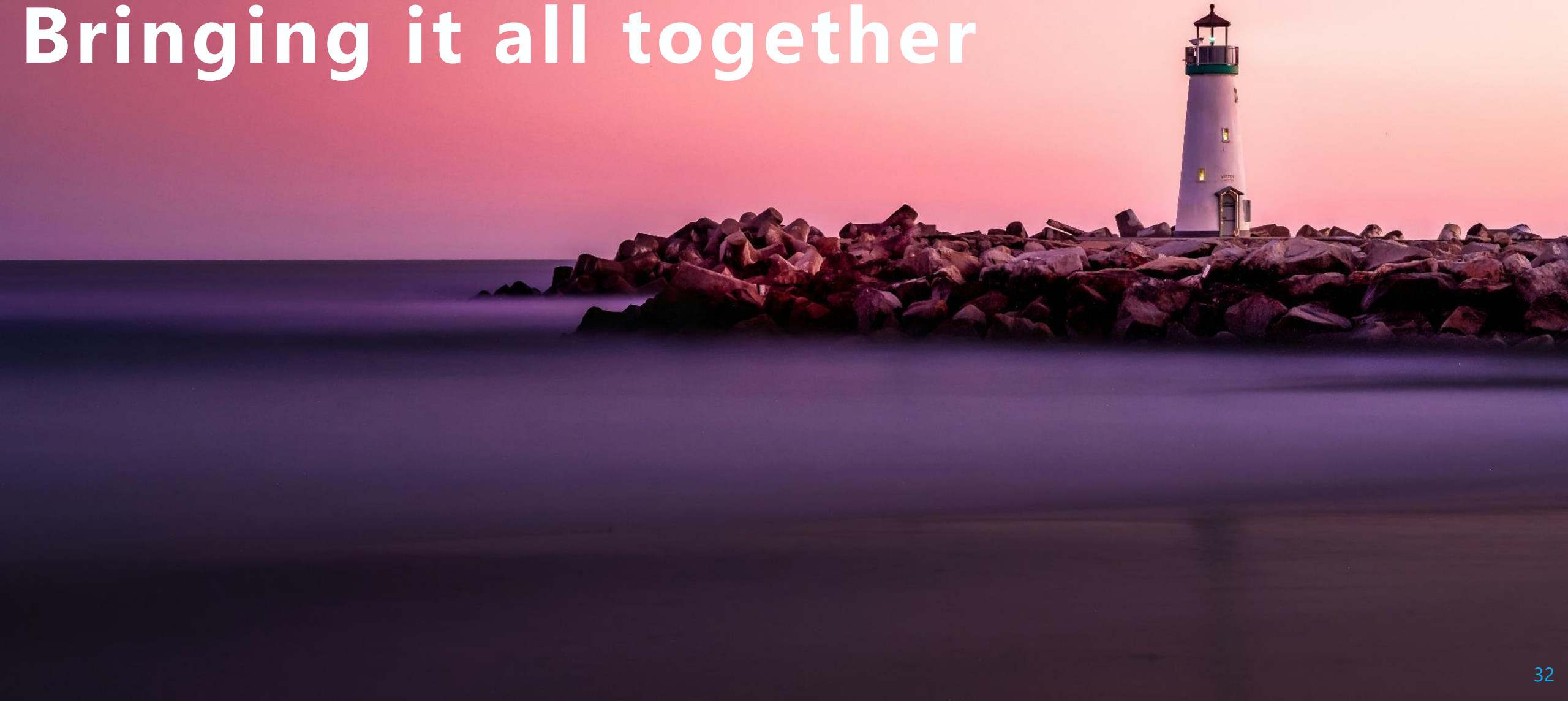


“Win enough to keep progressing, lose enough to keep learning”

— James Clear

SUMMARY

Bringing it all together



Clarity

- Know your 3 Self Words
- Put them into an alarm on your phone
- They are your path to Purpose

Energy

- Prioritize sleep
- Watch what you consume
- Set intention before each engagement

Productivity

- Plan/Do/Review (30-10-6-4-2)
- Schedule distraction time
- 3/2/1 every morning

Courage

- Consistently take action
- What will you start/stop doing now?
- What bold actions will you take over the next 60 days?

Influence

- Teach others how to think
- Challenge people to see a different perspective/better future
- Be a role model in words and actions

Psychology

- Manage your self-talk
- Focus on your strengths
- Pick an affirmation that empowers you



“When you knock in the door of opportunity, don’t be surprised that it is Work who answers”

— Brendon Burchard



**Who is on your
team?**

Services offered:

- 1 on 1 coaching
- Group coaching
- Public Speaking
- Workshops



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THANK YOU!

- Want to learn more?
- Visit my website for a free assessment and to claim your free coaching session !



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12 High Performance Sessions

- Focal Points
- Clarity
- Energy
- Courage
- Productivity
- Influence
- Psychology Mastery
- Physiology Mastery
- Productivity Mastery
- Persuasion
- Purpose
- Commitment



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