

high performance habits how pdf

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Brendon Burchard " High Performance Academy NOTES Disk 1 There is a big difference between finding your voice and creating something The question is who is showing up every day? What level of presence and vibrancy do you have every day? - Rate it between 1 and 10 The number one practice to performance is to be present in the moment Energy is not something you have " you have to generate it ...

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