

THE ESSENTIALS

FOR HEALTH, PERFORMANCE AND LEADERSHIP

EXPERIENCE

Abstract knowledge is not enough. There must be a doing.

ENGAGEMENT

Attention and mindfulness drive changes to the nervous system.

EFFORT

Striving, reaching, sweating and desiring are essential.

EXPOSURE

Full participation and risk.

EMOTION

Head and heart working together.

EMPATHY

Rapport, understanding, tribe and team.

EMBRACE

Take responsibility for your circumstances. Own your life and your power.

ENERGY

Sustained and deepened through vigorous training and deep rest.

EXUBERANCE

Focus on positivity, potential, creativity and humor.

EARTH

Honor and embrace the source of life.

EMBODIMENT

Walk the talk. Be the change.

