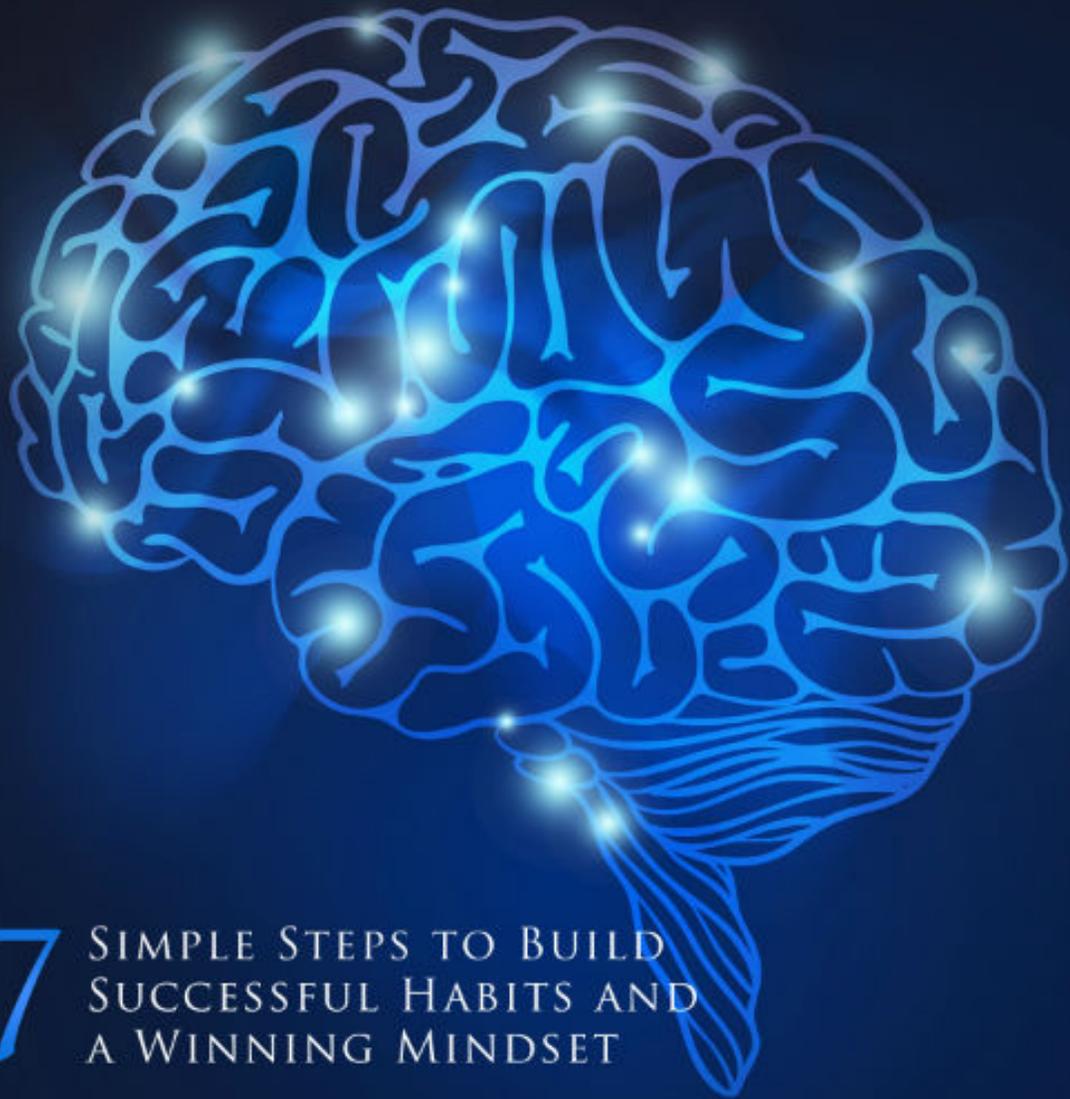


MASTER YOUR PRODUCTIVITY



7 SIMPLE STEPS TO BUILD
SUCCESSFUL HABITS AND
A WINNING MINDSET

BRUNO WEST & NIGEL COOK

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Sample Copy

Introduction

“Your life is the result of the decisions you make each and every day.”
- *Wise old proverb*

“An object at rest stays at rest until force is applied.”
- *Newton's First Law*

Are you ready to accomplish more in your life?

Are you ready to transform your behaviour and become a highly-productive person?

Good. That's what we're here for.

Whether you want to build a business, write that book or lose ten pounds, the steps are the same no matter the goal.

How it Works

This guide will give you a **step-by-step system** to keep you focused and on track.

Along the way, you'll build the habits you need to you reach your goals faster.

There's no magic bullet.

Just one basic formula:

Strategy + Action = Results

Sample Copy

Nothing But Gold

I don't believe in reinventing the wheel.

Success leaves tracks, and so we only need to follow them.

That's why there's no fluff or extra filler found in these pages.

Just gold nuggets.

It's All About Action

If you're like me, you don't have time to wade through pages of useless content.

Or lengthy discourses to make a book longer than it needs to be.

Everything in this guide is streamlined and straight to the point.

No charts or graphs, no long boring studies or complex math.

What you'll find in these pages are the ***strategies and techniques that are proven to work.***

Just 7 Simple Steps

That's right.

7 simple steps.

When combined, they form an unbeatable combination.

And each step is designed to work in cooperation with all the others.

This is what we call a *holistic approach*.

And it works.

Sample Copy

Go at Your Own Pace

Some people like to do one step every day for a week.

These are the highly-motivated folks.

But it's not always the approach that works for everyone.

The goal is to cement these new habits into your lifestyle. It's not about going as fast as you can.

We're aiming for deep, strong roots here, not shallow ones that won't support the oak tree you're going to become.