

A blue tennis racket is positioned diagonally across the frame. A brown tennis ball with red spots is in the foreground, partially overlapping the racket's strings. The background is a solid blue color.

Don't be **Seduced** into
thinking that
Big Problems
require huge solutions

A blue tennis racket is positioned diagonally across the frame, with its head at the top left and handle at the bottom left. A brown tennis ball with red spots is located in the lower right quadrant, partially overlapping the racket's strings. The background is a solid blue color.

Ultimately, it's the
little things that have
massive impact.
Set Aside the Spectacular

Lifestyle Habits

A blue tennis racket is positioned diagonally across the frame, with its head pointing towards the top right. A yellow tennis ball with red spots is resting on the racket's strings. The background is a solid blue color.

1. Sleep/Recovery
2. Hydration
3. Planning
4. Thought Downloads

Sleep/Recovery

A blue resistance band is stretched across the frame, with a red ball attached to one end. The background is a solid blue color.

A muscle needs anywhere from 24 to 48 hours to repair and rebuild, and working it again too soon simply leads to tissue breakdown instead of building.

Sleep/Recovery



Nutrition

Hydration

Active Recovery

Stretching

Rolling/Massage

B Vitamins

Compression Garments

Tart Cherry Juice/Tumeric

Nap

Ice

Bath with Epsom Salt

Anti-inflammatories

A blue tennis racket is positioned diagonally across the frame, with its handle on the left and head on the right. A brown tennis ball with red spots is resting on the racket's strings. The background is a solid blue color.

Hydration

How much water are you
drinking

Planning



1. 24 hour plan

2. Can you do it for the rest of your life?

Thought Downloads

A blue tennis racket is positioned diagonally across the frame. The handle is on the left, and the head is on the right. A yellow and orange spotted ball is resting on the strings of the racket. The background is a solid blue color.

Curiosity

A blue tennis racket is positioned diagonally across the frame. A yellow tennis ball with red polka dots is placed near the racket's head. The background is a solid blue color.

Questions?