

# Replicate

LESSON WORKBOOK

# PEAK PERFORMANCE



### QUICK OVERVIEW:

Peak performance isn't about a constant 110% effort - it's about integrating the right mindset, motivation, and methods to achieve sustainable extraordinary results. This lesson breaks down how to move from merely being busy to achieving true peak performance.

### KEY IDEA:

There are four distinct levels of performance that determine our results.

### Reflection Questions:

1. At which performance level do you currently operate most often?
2. What's keeping you from reaching the next level?
3. Where in your business do you see each level playing out?

# SECTION 1

## UNDERSTANDING PERFORMANCE LEVELS

### Exercise: Performance Audit

Below you will see a grid with four labeled sections. Using the grid, follow the instructions below to fill in each square.

1. List your key business activities
2. Place each activity in its current performance level
3. Identify what would move each up one level, if it's not peak

Unacceptable:	Acceptable:
Desired:	Peak:

# SECTION 2

## BUSY VS. PRODUCTIVE

### KEY IDEA:

Being busy doesn't equal being productive. Productivity is measured by movement toward goals, not by activity level.

### Reflection Questions:

1. What "busy work" currently fills your day?
2. How much of your activity directly impacts your goals?
3. Where are you making things unnecessarily complicated?

### NOTES:

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# SECTION 3

## THE MINDSET COMPONENT

### KEY IDEA:

Attitude is the combination of thoughts, feelings, and actions within your circle of responsibility.

### Reflection Questions:

1. Where do you currently place blame outside yourself?
2. How often do you take full responsibility for your thoughts, feelings, and actions?
3. What triggers move you outside your circle of responsibility?

### NOTES:

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### Exercise: Circle of Responsibility Mapping

1. Draw three concentric circles labeled:

- Thoughts
- Feelings
- Actions

2. In each circle, list:

- What you control
- What you influence
- What you respond to

3. Create your "Response Protocol" for challenging situations

### NOTES:

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# SECTION 4

## THE MOTIVATION COMPONENT

### KEY IDEA:

Sustainable peak performance requires clear answers to fundamental "why" questions.

### Reflection Questions:

1. What is your purpose for being disciplined?
2. Why is your work important to you and others?
3. What are your immediate and future rewards?

### NOTES:

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### KEY IDEA:

Success requires practical tools and techniques that become automatic defaults.

### Reflection Questions:

1. What are your current decision-making shortcuts?
2. How do you determine priorities?
3. What systems do you have for handling tasks?

### NOTES:

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# SECTION 6

## INTEGRATION FOR PEAK PERFORMANCE

### KEY IDEA:

True peak performance comes from harmoniously integrating mindset, motivation, and methods.

### Reflection Questions:

1. Where are you seeking balance instead of harmony?
2. How integrated are your three components?
3. What's your biggest integration gap?

### NOTES:

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### Action Steps:

1. Choose your first focus area
2. Implement one new method this week
3. Create your motivation statement
4. Design your mindset practice
5. Schedule weekly integration reviews

### KEY REMINDER:

Remember: Peak performance isn't about perfection - it's about integration and harmony. Focus on your progress, not perfection, as you implement these tools and techniques

### NOTES:

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