

**UNLEASH THE  
PEAK PERFORMER  
WITHIN YOU**

## **CHAPTER 2**

### **EIGHT HABITS OF ELITE PERFORMANCE**

*"In essence, if we want to direct our lives, we must take control of our consistent actions. It's not what we do once in a while that shapes our lives, but what we do consistently."*

**- Tony Robbins -**

**Speaker, Author, Coach**

**1**

**Get a physical exam and ask your Doctor which of these 8 habits would be most helpful for you to implement today.**



**2**

**Start drinking enough water to hydrate. Download a habit-tracking app and begin today!**

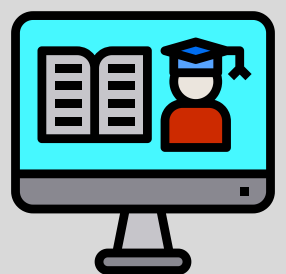


**3**

**Go to [www.tigerpi.com](http://www.tigerpi.com) and request a free consult. Tiger has options to help you on your elite health journey with supportive coaches and online courses.**



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