

UNLEASH THE  
PEAK PERFORMER  
WITHIN YOU

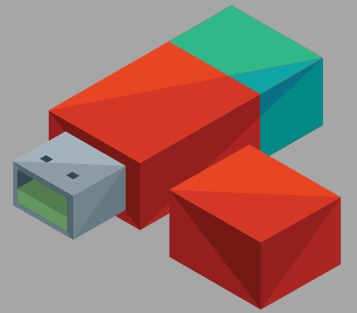
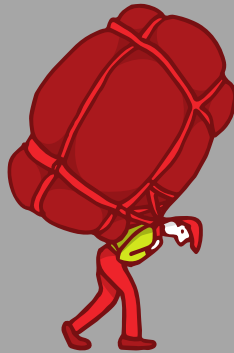
## CHAPTER 8 FREEING YOUR BRAIN FOR FLOW

*"What is essential; to do less better."*

- Marcus Aurelius -  
*Roman Emperor*

1

Assess your cognitive load. Are you taxing it by keeping too many things in short-term memory?



2

Where can you apply leverage to gain back more time?



3

Take one project you are working on and cut by 2/3 the allotted time. Complete the project in the lower amount of time to demonstrate the power of time perception.



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