Be Inspired <$p>

Introduction <$p>

My Story <$p>

Part 1: 10x Mindset: Manage Your Energy <$p>

The Big Picture <$p>

1 Start With Why <$p>

2 Physical Energy (SaNE) <$p>

1 Sleep <$p>

2 Nutrition <$p>

3 Exercise <$p>

3 Emotional Energy <$p>

Happiness and Positive Emotional Charging <$p>

Realistic Optimism <$p>

4 Mental Energy <$p>

The Big Picture <$p>

1 Reframing Time and Location <$p>

2 Flow the High Performance State <$p>

3 Curiosity, Great Questions, and Observation <$p>

4 Growth Mindset and Lifelong Learning <$p>

5 Feedback <$p>

6 Using Your Big CPU <$p>

7 Habit and Behavior Change <$p>

8 Willpower, Motivation, Grit, and Perseverance <$p>

9 Reduce Cognitive Load <$p>

10x Mindset Cheat Sheet <$p>

Part 2: 10x Growth Superpower (Time to Insights and Skills) <$p>

The Big Picture <$p>

1 Select (Find, Filter, Sequence) <$p>

2 Consume (Layering, Format, Rate, Project Based Learning) <$p>

3 ABCs (Always Be Capturing, Connecting, and Compressing) <$p>

10x Growth Cheat Sheet <$p>

Part 3: 10x Doing Superpower (Time to Outcomes) <$p>

The Big Picture <$p>

1 Capture (Brain Dump) <$p>

2 Eliminate (80/20 Rule), Prioritize, Plan <$p>

3 Offload (Time Multiplier) <$p>

3a Automate <$p>

3b Delegate <$p>

4 Do (Systems, Timeboxing, Accelerate) <$p>

5 Reflect / Optimize <$p>

10x Doing Cheat Sheet <$p>

Part 4: 10x Creativity Superpower <$p>

The Big Picture <$p>

1. Contrarian Thinking, Your Secret, Breaking Assumptions, and Constraints <$p>

Intersection / Perspective Seeking and Lateral Thinking <$p>

Magic of Time, Resource, and Design Constraints <$p>

10x Thinking: Power of Thinking Bigger <$p>

2. Learning not Failure; Time Boxed Experimentation = Lean + Agile + Rapid Prototyping <$p>

Embracing Risk Without Fear <$p>

Feedback and Experimentation <$p>

3. Delight Your Customers = Serve Others <$p>

4. Don't Get Stuck: Use the Crowd / Peers and Mentor / Coach <$p>

It's Not Procrastination, It's Incubation! <$p>

Connect! Don't go it alone! <$p>

5. Innovation by the Numbers <$p>

Timing, Teams, Then Ideas (Stories) <$p>

What Makes a Great Team? <$p>

Avoid Competition <$p>

10 Creativity Cheat Sheet <$p>

Inspire <$p>