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SECRETS OF LIFE HIGH PERFORMING



PREFACE

The following information provides a snapshot of some of the key secrets or behaviors displayed by Conscious High Performing. Without getting too spiritual here let me explain in simple terms what I mean by the word conscious.

A Conscious High Performance being is basically a person who has learned to navigate through their life more of the time from a place of conscious choice and awareness. Thus, we have more capacity to enjoy life and fulfill our potential as a person, due to the fact that our actions are not driven by our unconscious mind.

Most people don't operate from this place of conscious choice. Many of the people I work with have lost their mojo in life and they do not know why. They are sick and tired of themselves and want to change.

While there are many specific reasons for this, generally speaking, the big problem is that these people, often without realizing it, are operating from a place of deep unconscious patterning of behavior. These patterns of behavior have been shaped and stored in their unconscious minds by various influences in their life such as: mom, dad and extended family, teachers and coaches, the cultural environment they lived in, clubs and organizations, books and literature, TV and the media, the internet, technology, and many other aspects of life, behavior's, and belief's handed down to us from other people.

GOOD NEWS: IT DOESN'T HAVE TO BE THIS WAY

The following 12 Secrets of Conscious High Performance will help you to clearly see that there is a way out of suffering. It is possible to stop being a slave of your mind and to move into a more conscious way of behaving, giving you more clarity in life, helping you to fully understand why you are here, motivating you to fulfill your potential and to be the person you were supposed to be. All that is required is that you are willing to change and that you are prepared to make the effort and the daily practice that is required to change. Change requires effort, requires sacrifice, requires us as humans to step through our fears, step over thresholds, and into the magic.

If you want to navigate through life with Conscious High Performance, this Mini E-Book will set you on your way. The information provided here was inspired by the book 'Conscious to all, written by John Gray and Arjuna Ardagh, plus my own journey, which has been heavily influenced by my work in NLP, Spectrum Emotional Coaching, Yoga, Meditation, and the OneProject.

If you would like to create your own specific pathway for change, learn specific tools and practices needed to break through unconscious patterning, and accelerate your capacity to be happy, please visit: <http://www.Coach-KRK.com> to view the range of offerings that I provide, which includes holistic retreats, life coaching, online circles, and inspirational talks.



WE ARE SELF AWARE

SECRET

01

Through practice we have learnt to operate more of the time from a place of conscious awareness.

No longer do our actions come from a place of subconscious conditioning and patterning.

Our actions come from a place of conscious choice.

To us this practice of revealing our natural state of awareness is most important.

We starts our day mindfully, consciously, and carries this presence throughout our day.

We have learnt many strategies that help us remain in the present moment.

**START TO PRACTICE ACTING
FROM AWARENESS NOW.**



**AWARENESS IS ALL
ABOUT RESTORING YOUR
FREEDOM TO CHOOSE
WHAT YOU WANT
INSTEAD OF WHAT YOUR
PAST IMPOSES ON YOU.**

DEEPAK CHOPRA

AUTHOR AND TEACHER



WE OWN OUR BEHAVIOR

SECRET

02

We realize that even though we cannot change external events, we are in complete control of the way we respond.

In reality problems do not exist. The only thing that exists is our mental perception of people or situations.

We don't blame any event or person for our own suffering.

We realise that our view of the world is simply a mirrored reflection of our own internal projections.

We know that when people trigger a negative response in us, we are simply a reflection of our own internal suffering at that moment.

**START OWNING YOUR
BEHAVIOUR NOW**



**YOU CAN'T END
THE WAR OUTSIDE
UNTIL YOU END
THE WAR INSIDE.**

BILL KAUTH

FOUNDER OF THEMANKINDPROJECT



WE ACCEPT OUR PAST

SECRET

03

We honor our past and are grateful
for every experience.

Yet, we have forgiven the past and the people
who we believed had harmed us from the past.

More importantly, we have forgiven ourself
of guilt and shame.

We have learnt valuable lessons from the past
that enable us to be more authentic as a human
today.

We accept and embrace our shadow, the parts
of us that have been suppressed and hidden
from others.

And we realize our past is just a story,
the events are just a play of experiences.

**START THE PROCESS OF
ACCEPTING YOUR PAST NOW**



**STOP BEING A
PRISONER OF
YOUR PAST.
BECOME AN
ARCHITECT OF
YOUR FUTURE NOW.**

ROBIN SHARMA

AUTHOR



WE REST DEEPLY

SECRET

04

We realize that deep sleep is our place of physical, emotional, mental, and spiritual regeneration.

Deep sleep allows us to synthesize new learnings fully, to recalibrate on all levels, and to remain vital and happy.

We manage our time well. The most important part of our calendar is rest & vacation time.

We plan carefully our daily, weekly, and annual rest periods before anything else.

We know that we are an electrically charged being, and on a regular basis we must recharge and regenerate in order to operate as a conscious high performer.

**MAKE A COMMITMENT TO
START RESTING DEEPLY NOW**



**RESTING
FOR ME IS
FITNESS
TRAINING.**

JENSON BUTTON

FORMULA ONE DRIVER



WE HONOR OUR BODY

SECRET

05

We gives thanks to life for our physical body,
we respect our body, love our body
and accept the body we have been given.

We recognize that our body is a gift, our vehicle
for life, needed to serve others.

We performs physical activity daily as a way to
honor our body and keep it working efficiently.

To us, physical activity is performed from a place of
self-love, not from a place of distraction or a pain
driven need.

We feeds our body clean water, natural and
unprocessed foods, and minimizes toxic exposure

**START RESPECTING
YOUR BODY NOW**



**YOUR BODY IS
YOUR TEMPLE.
KEEP IT PURE
AND CLEAN FOR
THE SOUL TO
RESIDE IN.**

B.K.S IYENGAR

YOGA TEACHER



SECRET

06

WE CONSERVE OUR ENERGY

We have an abundance of energy throughout
the day, everyday, all the time.

We don't waste energy through excessive negative
behaviors.

We recognizes signs of tiredness
and know when to retreat.

We recognize that our sexual energy is life force
itself and we know through practice how to
convert this energy into creativity.

We also know how to replenish energy, how to
distribute energy throughout our body, and thus
create emotional stability.

We surround ourself with energizers, people who
inspire us to be the best version of ourself possible.

**CONSERVE YOUR ENERGY
AND FEEL ALIVE NOW**



**OUR SEXUAL ENERGY,
WHEN NOT PROPERLY
MASTERED, IS
TRANSFORMED
INTO ANGER.**

PAUL COHELLO

AUTHOR



WE FEEL OUR EMOTIONS

SECRET

07

We are confident and comfortable in our humanity and as a result we develop a deep respect for the feminine and masculine equally.

This helps us to feel our emotions on deeper levels, helping us to navigate through life more authentically.

We embrace our vulnerability, stepping over thresholds with a deep sense of trust.

We develop the capacity to channel any negative emotions into leadership and creativity.

We develop a deep respect for men and women, understanding each better, and loving them on deeper levels.

**START TO FEEL DEEPER
INTO YOUR EMOTIONS NOW**



**OUR EMOTIONS NEED
TO BE AS EDUCATED AS
OUR INTELLECT. IT IS
IMPORTANT TO KNOW HOW
TO FEEL, HOW TO RESPOND
AND HOW TO LET LIFE IN SO
THAT IT CAN TOUCH YOU.**

JIM ROHN

AUTHOR



SECRET

08

WE ACCEPT WE'RE NOT PERFECT

We know and fully accepts that we are not perfect.

This allows us to relax fully in life, accept our humanness, and embrace our vulnerability.

We are not afraid of mistakes and we realizes that mistakes are an essential learning part of life.

By accepting our vulnerability we are able to lead others to do the same.

We do not seek approval of others and don't make decisions based on what others think of us.

We know on a deep level that our life is driven by something bigger than ourself.

This allows us to bring more humor into our life and view our imperfections in a lighter way.

ACCEPT YOUR IMPERFECTIONS NOW



**ASSERT YOUR RIGHT
TO MAKE MISTAKES.
IF PEOPLE CANT
ACCEPT YOUR
IMPERFECTIONS
THAT'S THEIR FAULT.**

DAVID BURNS

STANFORD UNIVERSITY



SECRET

09

WE KNOW OUR MISSION

Our basic life needs are in place such as food and shelter, which provides a feeling of safety, the foundation for knowing our mission.

Our regular practice of feeling deep into our own heart eventually brings us more mental clarity.

Our mission becomes clear even though we realize that over time this mission could change.

Our vision is big, well organized, and we proceed with our mission in trust and confidence.

Our actions are integral. We walk our talk.

We recognize our unique gifts and share these with the world.

Our mission becomes effortless and full of passion.

**START TO FEEL DEEPLY
INTO YOUR MISSION NOW**



**DON'T ASK WHAT
THE WORLD NEEDS,
ASK WHAT MAKES
YOU COME ALIVE,
AND GO DO IT.**

HOWARD THURMAN

AUTHOR



WE SET OUR BOUNDARIES

SECRET

10

We set personal boundaries in all areas of our life.

We know how to say no if something
crosses our boundaries.

While we are open to receive and are loving, we do not
rely on anyone else to meet our needs in life.

We makes sure that our needs are met and this
becomes the number 1 priority in our life.

We realizes that by doing this we are able to serve others
better from a place of deep self love and non-
attachment.

This makes us less needy of others and more able to give
judiciously, giving people what they really need.

**START SETTING YOUR BOUNDARIES
NOW**



**NO ONE WAS PUT ON THIS PLANET
TO MEET YOUR NEEDS. PUTTING
THE SELF FIRST DOESN'T DRIVE
PEOPLE AWAY. IT ATTRACTS
THEM. PUTTING THE SELF FIRST
IS ESSENTIAL FOR GETTING WHAT
ONE WANTS IN LOVE AND LIFE.**

DR. ROBERT GLOVER

AUTHOR



WE COMMUNICATE WITH CLARITY

SECRET

11

We have a capacity to compassionately listen with full presence, allowing others to heal by simply being heard.

We listen without projecting our own story
and answers onto others.

We realize that compassionate listening is a
gift and we practice this daily.

Because we know what we want and we are able to
communicate this with clarity and precision.

We know that communication within relationships
is much more than words.

We communicate with our words, our eyes, our ears our
our actions, and more importantly with our full presence.

**START COMMUNICATING
WITH CLARITY NOW**



**THE WORD LISTEN
CONTAINS THE SAME
LETTERS AS THE
WORD 'SILENT.'**

ALFRED BRENDAL

PIANIST, POET AND AUTHOR



SECRET

12

WE ARE PART OF A TRIBE

We have shifted from a world of independence
to a world of interdependence.

We are no longer in competition with
ourselves or with other people.

We realize that one of the most powerful
things we can do to thrive is be part of a tribe.

We live in community, surrounding ourselves
with inspiring people who share the same
values and vision.

We are also part of a strong brotherhood of men and
sisterhood of women.

This gives him a deep sense of belonging in the
world.

FORM YOUR TRIBE NOW



**LIFE DOESN'T MAKE
ANY SENSE WITHOUT
INTERDEPENDENCE. WE
NEED EACH OTHER, AND
THE SOONER WE LEARN,
THE BETTER FOR US ALL.**

ERIK ERIKSON
PSYCHOLOGIST



ACTIONS

1. START TO PRACTICE ACTING FROM AWARENESS NOW
2. START OWNING YOUR BEHAVIOUR NOW
3. START THE PROCESS OF ACCEPTING YOUR PAST NOW
4. MAKE A COMMITMENT TO START RESTING DEEPLY NOW
5. START RESPECTING YOUR BODY NOW
6. CONSERVE YOUR ENERGY AND FEEL ALIVE NOW
7. START TO FEEL YOUR EMOTIONS NOW
8. START TO ACCEPT YOUR IMPERFECTIONS NOW
9. START TO FEEL DEEPER INTO YOUR MISSION NOW
10. START TO SET YOUR BOUNDARIES NOW
11. START TO COMMUNICATE WITH CLARITY NOW
12. FORM YOUR TRIBE NOW

WHAT ARE YOU WAITING FOR ?



WHO AM I?

I AM A HIGH PERFORMANCE LIFE COACH AND I HAVE WORKED WITH MEN AND WOMEN IN VARIOUS WAYS FOR OVER 2 DECADES.

I AM PASSIONATE ABOUT WORKING WITH YOU, IF YOU WANT TO RECLAIM YOUR MOJO AND BE THE BEST PERSON YOU CAN POSSIBLY BE IN THIS LIFE TIME.

I HAVE THE FULL LIST OF ACADEMIC QUALIFICATIONS, ACCREDITATIONS, AND DIRECT EXPERIENCE, IN EVERY AREA OF HUMAN PERFORMANCE ENHANCEMENT: PHYSICAL, EMOTIONAL, MENTAL, AND SPIRITUAL.

THE SERVICES I OFFER YOU INCLUDE:
HOLISTIC RETREATS, LIFE COACHING, ONLINE GROUP CIRCLES
AND INSPIRATIONAL TALKS.

**ALLOW ME TO ASSIST YOU TO REGAIN YOUR MOJO,
BE THE BEST HUMAN POSSIBLE, AND WALK YOUR OWN TALK**



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