

5 POWERFUL SECRETS TO LIMITLESS PERFORMANCE



Hi there, my fellow *"minimalist high-performers."*

It seems like you understand the importance of being able to hyper-focus on the most important tasks every single day in order to achieve your most unbelievable goals.

I'll be honest with you: So many people want to outperform others, but they just cannot do it anymore.

Why?

Well, some of them are all constantly bombarded with millions of notifications and buzzes that all fight for their attention every single moment.

Others are pushing way over their limits, which consequently leads to burnout.

And of course, there are others who simply don't have the right know-how to do it.

But if you want to live a great life or achieve something spectacular, you need to be able to focus, know your boundaries, and have the right tools and know-how.

So, how can you quickly boost your performance without burning out? Below you can find 5 tips that can make a HUGE impact on your life.

Let's begin.

#1

FOCUS ON ONE THING ONLY



I've always been searching for shortcuts that would help me do more in a shorter time. Sadly, most of the strategies I tried didn't really work. Until I came across a theory that said if you focus on one thing only at a time, you will achieve much better results.

Now, we can agree this sounds easy, right? Well, it isn't.

Let me explain why...

Most of us are working on several projects/tasks at the same time. This is quite a common situation nowadays. So, how can you focus on **ONE THING** only? And which one is the **ONE THING**?

Here is where it gets tricky. By focusing on one thing, I mean that we should work on one task or/and project at a time.

If we talk about tasks, multitasking is not an option. For the ultimate focus, we should be hyper-focused on one task until it's finished. Then we can move to another one.

But if we talk about projects, it's slightly more complicated. If possible, I'd urge you to focus on one main project at a time. By fully committing to one project, it'll be so much easier to focus & stay focused on the project until it's completed. That's how most successful people became so successful.

However, there are exceptions (like Elon Musk with Tesla and SpaceX). Is it possible to stay focused on two or even **MORE** projects at the same time? Yes, in theory, it is. But it requires a next-level organization and an awesome team. I'd still suggest you focus on **ONE THING** only until you make it a success.

From there, everything is much, much easier.



I'm sure you already experienced the feeling when you were in the flow for hours, and you didn't even realize it until all of a sudden, you finished most of your advanced tasks of the day.

This state of extreme focus happens now and then, but I'll share with you my step-by-step process that can help you trigger it manually.

To get in the **POWER FLOW faster**, I usually do as follows:

1. Start my day with a 10-minute morning meditation
2. Write down my top 3 tasks for the morning
3. Turn off (or at least put away) my smartphone
4. Make myself a strong Bulletproof Coffee ([here you can learn](#) how I prepare it)
5. Turn on Brain.FM or find "focus music" on Youtube
6. I limit my time to finish the tasks - if I believe I need 3 hours, I limit it to 2 hours
7. I start working on the task until I successfully complete it

Does this work?

Yes, almost every single day. So I urge you to try it out.

Sure thing, feel free to optimize the process to suit you better.

#3

TURN OFF ALL NOTIFICATIONS



I know you've heard this before. Probably many times. And I'm well aware not everyone can actually turn off their emails & notifications before they start working. I get that!

BUT based on my experience, the majority of people can and should turn off any kind of disturbing notifications from their smartphone and computer during their most productive time of the day.

If you don't do it, you'll get distracted every couple of minutes.

Now, why is this problematic?

Well, among other reasons, after every distraction you need at least 30 seconds to refocus, this means the following:

Min. 30 distractions a day * min. 30 seconds to refocus = 900 seconds
= 15 minutes / day = this means min. 7,75 hours per month.

Saying it differently, every month, **you lose** at least 1 workday just to refocus. And I didn't even include the time you spend checking all those notifications.

So, that's the way to save lots of time and ensure you'll be hyper-focused when necessary.

#4

AVOID YOUR BIGGEST MORNING MISTAKE



Guess what - we all make mistakes. The issue is that sometimes we are just not aware of making them.

One of the mistakes that instantly kills our productivity is reading our emails or checking our social media accounts first thing in the morning.

If you like it or not, as soon as you expose your brain to a dozen (usually annoying) emails that are awaiting your reply, it will start subconsciously solving the issues and preparing the answers.

Now, once you are at your job, you want this to happen. Or, well, at least some of you want it.

But when you just woke up, and there is a full-morning routine waiting for you (which consists of meditation, training, or a cold shower, but definitely not reading emails), then you want to stop your brain overthinking.

Make your morning a pleasant experience and not an already stressful part of the day.

That's how it will be easier for you to regain focus and get into the zone when you're ready for it.

#5

USE THE RIGHT SUPPLEMENTS FOR OPTIMAL PERFORMANCE



Using nootropics & food supplements has become a daily habit for millions of people around the world. But taking them without an actual plan brings no real result and can potentially leave negative consequences.

Instead of just taking lots of vitamins and minerals, I recommend using an effective stack that'll help you increase your focus, energy & motivation.

The right supplements will set an optimal foundation for limitless performance.

I know there are tons of nootropic supplements on the market.

That's why I've created my top list of nootropics that I personally tested, reviewed, and compared.

By adding an effective stack to your routine, you'll quickly build a **massive advantage** to your competitors.

Just imagine how much more you can do if you can stay focused for an hour more every single day?

[Click here to check my top-rated supplements >>](#)

YOU WANT MORE?



Thanks for reading my short, but (hopefully) very useful handbook.

If you want to learn more, you definitely came to the right place.

I recommend the following:

- [Follow me on Instagram](#) and [like my FB page](#) to get informed about new content that I create for you
- [Subscribe to my Youtube channel](#) to see the latest videos

What's next?

Well, [head to my homepage](#), and check some of the recent articles I wrote for you.

Oh, don't forget to [tell your friends to subscribe](#) to my (awesome) Limitless Monday newsletter.

P.s. If you have any questions, I'm always available for you. Just reach out to me, and I'll try to help.

Have a limitless day!

Greg

A handwritten signature in black ink, appearing to be the name 'Greg', located below the typed name.