

TOOLS OF TITANS



To get 10x results, you don't have to expand a 10x effort. Often, small steps can result in big changes.

HEALTHY

Before you can achieve greatness and become a titan, you must ensure your body can withstand the pressure.

WEALTHY

Most of Titans' wealth comes from owning a business. Use these tools to start and grow your empire.

WISE

Being happy and in control of emotions is vital. Success is achievable with correct beliefs and habits.



HEALTHY

Mind Training

101



More than 80% of top performers practice meditation or mindfulness.

It's about getting focused.

- 10-Minute Sit on Couch And Think
- Transcendental Meditation
- Mantra Chanting for 10 minutes



Tim's 6-Piece Gym IN A BAG

1. Voodoo Floss - for injuries
2. Furniture sliders - for Ag walks
3. Rumble Roller - to loosen muscles
4. Bed of Needles - for back pain
5. Tera's Whey Goat Protein - to keep muscles growing
6. Mini-parallettes - for daily training



The Single DECISION

Coach Sommer's advice: "Patience... Strength improvements take a minimum of 6 weeks."

Make one decision: Commit to the long-term goal.



WEALTHY



The Law Of CATEGORY

Find or create a new category you can be first in. Here's how:

Ask not: "How is my product better than the competition?"
Ask: "The first what?"

- e.g. Charles Schwab opened the first discount broker.
- e.g. Amstel Light was the first imported light beer.



One Thousand TRUE FANS

To be successful in business, you don't need millions. You only need 1,000 true fans.

A true fan is someone who will buy anything you produce.

When starting, 1,000 customers is a doable goal.

When It Matters Most

HOW TO SAY NO!

Overcommitment leads to burnout and loss of focus.

Your best bet is to double down on what you are good at. And say NO to everything else.

Use Derek Siver's method:

If it's not a Hell Yeah! It's a NO.



WISE

Tim's Favourite:

FEAR SETTING

When you are faced with a difficult decision...
When you are worried about the outcome...

Define Your Fear:

1. Imagine the worst outcome.
2. List the steps to deal with it.
3. Compare positive outcomes to negative ones.



A Manifesto LAZY

We're all busy. Everyone is. You are busy. Kids are busy. And it's making us miserable.

Maybe we're just afraid of being left-alone with ourselves.

Say it with me: I am not busy. I am the laziest, ambitious person I know.

Your Deloading

PHASE



"A back-off week, or deload, is a planned reduction in exercise volume or intensity... [It is used] to prepare the body for the increased demand of the next phase or period."

Deloading works wonders in sports. Use it for business or personal work.

Decrease anxiety, improve productivity, jumpstart creativity.



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