



**ALL YOU NEED TO KNOW ABOUT**

**Peak  
Performance  
Mindset  
Strategies:  
Rise Above the  
Competition**

**WWW.DRJOANNY.COM**

A Peak Performer is someone who strives to be the best they can be. Many people think that it applies only to certain special people. But in reality, you can be a Peak Performer too. After all a Peak Performer isn't born or doesn't just happen; they are ordinary people like you and me. If you think you can't be like them, you're wrong.

You can have the life you want by learning some of the key things that they do. So please keep reading to find what I've observed and studied over most of the decades I've been on this earth!

What do they do that's different?

1. **They set BIG goals.** Why is this important? Most people feel they don't deserve to set goals. They feel unworthy. Others set goals and talk about them a lot, but they never do anything about them. Yet others go as far as creating plans for achieving their goals. They start working on them and then, with the first obstacle they quit.

Everyday people let their dreams die on the table. Don't be one of them!

Peak performers know what they want and they know where they're going. Being aimless is self-defeating. When you're like that you're just letting life have its way with you instead of you taking control of your life. And you got to learn to set the right goal. That is extremely important. The right goal stretches you and excites you!

2. **They have a BURNING DESIRE.** Why is this important? Most people live pretty boring "normal" lives. These are lives that amount to nothing.

So you have a BIG goal. Congratulations! But it's just the first step. Is it almost all you ever think about?

Peak Performers are obsessed with the idea of their goal. If you're not obsessed with your goal, then it's the wrong goal. The wrong goal is small and you're bored in no time. And then you forget about it. The right goal is the one that both inspires you and scares you at the same time.

3. **They NEVER give up!** Why is this important? Look, everyone faces obstacles in their quest. And please expect them to turn up since you have little control over everything - or is that really true?

When you learn the secrets of your mind, you won't give up because you'll know that obstacles are temporary circumstances that you can conquer. But if you give up at the first obstacle or the third, you simply won't get very far. You have to ask yourself, "Do I want this or not?" Be really honest with yourself.

4. **They take risks.** Why is this important? Because nothing ever gets done or nothing happens if you do NOTHING. That's what happens when people are too afraid to go after what they really want.

As a result, nothing changes. And again, dreams die on the table. Life is short. Why not live exactly the way you want to live?

Do you know who gave a little show called Star Trek their first break?

It was Lucille Ball and Desi Arnez.

They took a chance on a concept and look at where that entertainment franchise is today - people are still getting ideas - the latest one is called, "Picard." The first shows aired in 1966! It's 2020 as of this writing! Fifty four years and still going strong.

5. **They live HIGH QUALITY lives.** Why is this important? Let's face the truth. Most people just go from day to day until they're all blurred together. Not too exciting, huh?

"Most people tiptoe their way through life, hoping they make it safely to death."  
— Earl Nightingale

They never accomplish very much. They're mediocre. Are you mediocre? It's a choice. A fabulous life, on the other hand, keeps your mind and therefore, your brain sharp. There is adventure in their lives. And their health reflects that.

6. **They keep GROWING!** Why is this important? You know the entire concept of retirement is a relatively modern concept which isn't doing most people a lot of good.

Don't get me wrong. The job was invented due to the Industrial Age. It was very good for mankind, giving people choices to move off a subsistence living on farms and into something much more sustainable and prosperous. It's done a lot of good.

But people had to be removed from those jobs, so that the next generation of workers could take over those same jobs. While it created a lot more prosperity, it also made people unhappy and complacent because these jobs don't often exploit every drop potential out of you. In fact, the pigeon-hole does exactly the opposite. Too many people don't have a reason to keep living after they retire.

The mortality rate is high for those who don't have a reason to get up in the morning!

Look at Dick Van Dyke, the actor, comedian, writer, singer, and dancer, whose award-winning career has spanned seven decades. He's 94 years old and still going strong. And he does it with a smile.

There was also the Great Gordie Howe, a superstar hockey player. He played professional hockey for 36 years! Unheard of. The average career of most professional athletes is a mere THREE years.

You have a choice. What kind of life do you aspire to living?

Peak Performers are undaunted by age. They don't care what other people say. They just go after what they want. To heck with retirement.

7. **They Know themselves!** Why is this important? We're not taught in school or anywhere else about how to discover who we are. Instead we are told what to think.

It's not a wonder that so many lack confidence in themselves.

"You can improve every aspect of your life until your entire life is an open and obvious expression of your own inner beauty and limitless potential."

— Bob Proctor

It requires study. Study of the self to discover who you are and what you're capable of doing. No one on earth has any idea what you're capable of doing. You can create an incredible life for yourself. Or you can choose to live in ignorance. Ignorance just means you don't know.

The fact is even for those who've "made" it, they often don't know why they have such great lives.

They're unconscious competents. They just want to enjoy their lives and aren't curious why their lives are so different from most of mankind.

**There is always a better way.**

And that's where I come in. Peak Performance is NO accident. Peak performance is a system. And it CAN be taught. You can become a conscious competent at Peak Performance. Your life will never be the same!

An important key to becoming a Peak Performer has more to do than being coachable. You got to OPEN-MINDED in order to accept any new ideas. Too many people let many good ideas pass by, because they simply don't believe in themselves. But it could've changed their lives for the better if only they trusted themselves!

Are you willing to stretch yourself beyond your comfort zone? You can't become a Peak Performer doing the same things you're doing now. You need the right guidance to become one. You need to be open to new approaches and new developments in the world of Peak Performance.

If I can support you in your quest of passion and purpose, I would be very happy to have a complimentary consultation with you. You may book me here to talk about your future as a Peak Performer at: <https://go.oncehub.com/DrJoannyLiu>



Dr. Joanny helps high achievers to create, sustain and expand Peak Performance. She is Founder and Chief Human Potential Officer of Get Unstuck and Concussion Answers. An award winning multi-time speaker at Harvard University and Harvard Clubs, she is the author of 3 books, including international bestseller, *Heal Your Concussion: How to Quickly and Effectively Get Back in the Game*. She has been featured on FOX, NBC, CTV, Global TV and spoken on stages at bLU Talks, Brain Injury Canada and NASDAQ.

To see if Dr. Joanny is the right Peak Performance Consultant for you, book a complimentary meeting here: <https://go.oncehub.com/DrJoannyLiu> You will receive at least one actionable idea – guaranteed. Contact Dr. Joanny Liu now to start a BRAIN-new approach to Peak Performance in sports, business and life!

<https://www.linkedin.com/in/dr-joanny-liu-42178210>

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**Peak Performance is a System**