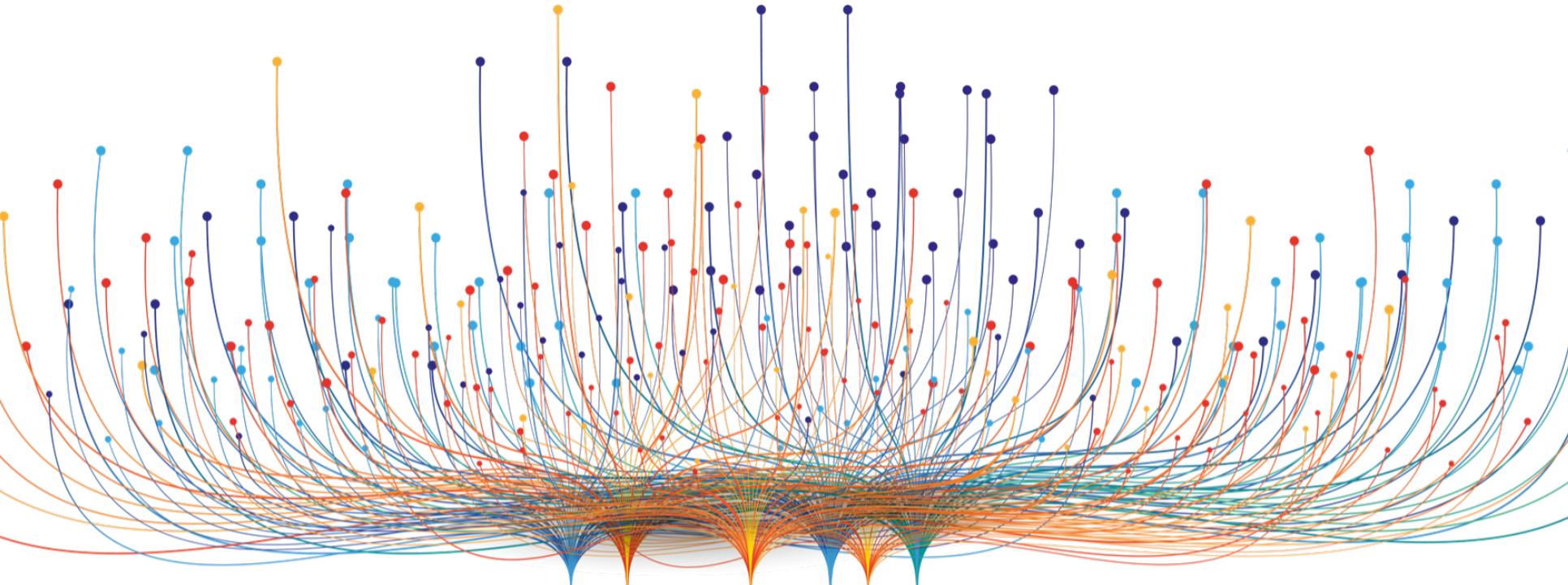


The background is a complex, colorful collage. It features a profile of a person's head on the right side, composed of several overlapping, semi-transparent shapes in shades of blue, green, yellow, and red. The background is filled with various patterns: a red area with yellow dots, a blue area with white dots, a green area with white dots, and a blue area with white wavy lines. There are also yellow squiggly lines and small yellow circles scattered throughout. The overall aesthetic is modern and energetic.

Optimizing You

Presented by: Jake Breen, MBA

Improving sales, relationships, health, and life by focusing on the one variable you can control...



YOU

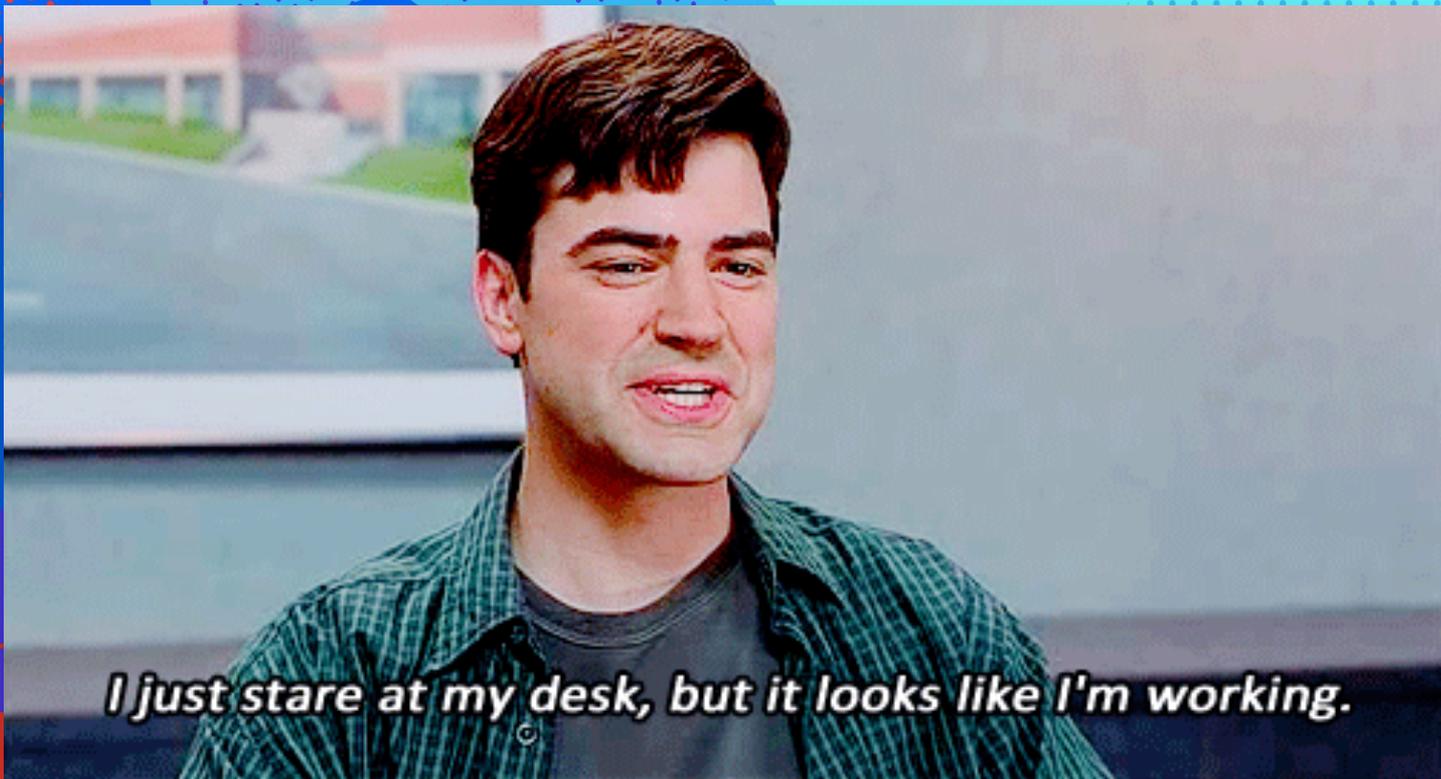
**Why are you
here?**





At conference feeling





Back to work

- Over Half Billion sold volume
- Managed two luxury brands Berkshire and Sothebys
- Berk Top 100 nationally since inception
- Broker liaison to ReThink Council
- Corporate speaker and trainer for BHHS
- Founding partner diijit.com and breenhomes.com
- Crossfit games athlete, NPC bodybuilding card, ranked Spartan Athlete
- 4 kids +2 crazy pups



About me





BURN OUT

Have your clients changed?

Or is it you?

What makes us
happy ?

The Law of Attraction

How do you become so at peace, so full of energy, have such a zest for life, that people, your clients, your sphere are attracted to you?

Enough sleep: Quality Sleep



Night Time Regimen

A sleep routine

Melatonin or Reishi Mushroom

No Electronics (1 hour before)

Slow digestive protein or no food

Low light - detach from phone

Breathing exercise, meditation

Podcast: Genius Network - Make Every Day A Perfect Day

Product: Foursigmatic.com

Podcast: Ben Greenfield - In the Hotseat and [Biohack](#)

Product: Oura Ring/ChiliPAD

Power Morning: Your first 30 minutes



Don't look at email

Smile, gratitude, meditation

First thing in your mouth?

Grounding/ mobility routine

Book:

Excuse Me, Your Life is
Waiting

Website:

energyforsuccess.org

Products:

Gratitude Journal, Grounding
Mat, Lacrosse Ball,
Wellness Water

Exercise



Have a routine and plan- Habits

Sign up for a race or event

Cross training is best

Love it, do what you love

Break a sweat

Real estate? Explore what you sell

Podcast: Tim Ferris - Discipline
Equals Freedom
#275

[Ben Greenfield](#)

[Products](#)

Nutrition



If it's in a package it's not best

Learn where you can eat out

Natural fats are good; sugar and dairy are your enemies

If you love carbs, make them complex carbs

Next level: Precook for the week

Diets are fads, not a way of live

Product: Viome Testing
and Custom Supplements

Website:
[Ben Greenfield](#)
[Human Garage](#)

Website:
[Meal Prep](#)

Time Management; Knowing when to say “No”



The more you achieve the more
shoulder tapping you get

We require REST to perform optimally

Know when to say no and don't get
derailed from your plan

Take time to be present

Happiness is wanting what you have,
not having what you want.

Book: Rest by Soojung Kim Pang

Youtube:

<https://youtu.be/-iUag3c9HRc>

Youtube: The Neuro-Pathway to
Happiness
Bart Baggett

Book:

Sabbath: Finding Rest,
Renewal, and Delight in Our Busy Lives

Experts to Follow:

Joe Dispenza, Sadhguru, Wim Hof



For a copy of these slides, to watch this presentation again, or to see other videos by Jake,
please visit....

<https://www.utahcribs.com/presentations>



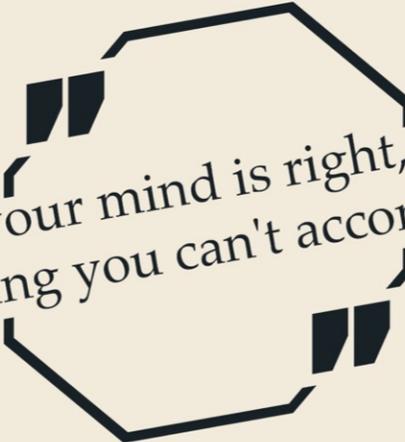
FAMOUS QUOTES

Paraphrased by Jake for today's "go-getters"

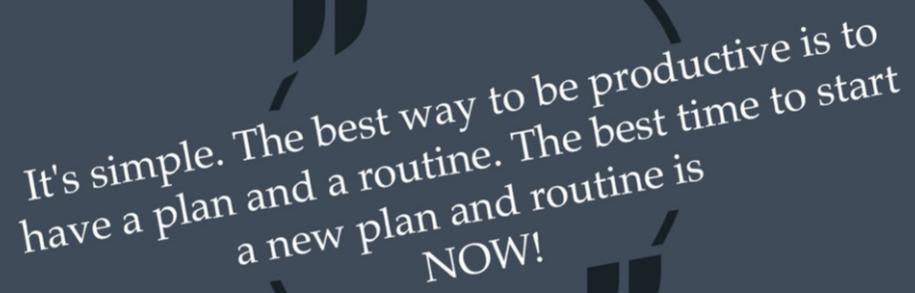


There is no discipline. It's simply that
you choose something else above
what you **SHOULD** choose





*When your mind is right, there is
nothing you can't accomplish*



It's simple. The best way to be productive is to
have a plan and a routine. The best time to start
a new plan and routine is
NOW!

Above all else, get to know yourself; what works for your body and what works for your mind. Tim Ferris interviewed Walter Isaacson (expert on Ben Franklin). Franklin did say, "early to bed, early to rise makes a man healthy, wealthy, and wise" however, he often stayed up until 3 AM working on his inventions and slept in until 11:00. Know yourself and do what you need to do to optimize your life.

“

Happiness is wanting what you HAVE, not having what you want

Dare to compare but beware, you'll lose all your hair

Experiences, NOT things

Pause, experience now. It's the only time you can effect

Notice living things; electronics are not alive

You can eliminate any hateful by being grateful

When the body has disease the mind is at Dis-Ease

”

We don't have anguish because we sinned, it's not a punishment. We give ourselves anguish from the act we commit.

Instead of complaining about what we can't do let's focus on what we can do.

Discover what you are uniquely amazing at as early as you can and then don't take any shit from anyone the rest of your life.

People don't buy what you do. They buy WHY you do it.

How to change your mood



Just smile!