

# The Excellence Habit Transformation

## Your Road Map To A Life Of Fulfillment, Success, And Prosperity



**LANE 1:**  
PRINCIPLES OF  
EXCELLENCE

### The Iceberg Principle

Learn how to show up every day, do your best work, and never hold back!

### The Law Of Not Selling Out

Master how to stick to your core values, beliefs, and principles, when it matters!

### The Journey Mindset

Agree to accept that each part of your life is a necessary part of your journey!

**LANE 2:**  
EXTERNAL &  
INTERNAL  
CONTEXT

### The Tennis Ball Effect

Recognize how external context factors will affect the outcome, but not the game!

### The Broken Windows Inside

Identify how your history affects your thoughts, emotions, and confidence!

### Wiping Out Inner Graffiti

Accept who you are, fake it till you make it, change negative self-talk to positive!

**LANE 3:**  
CONTROL THE  
CHANGE

### Change Your Body To Change Your Mind

Master the two-way street between your body language and your state of mind!

### Re-Write Your Story

Identify how you want to change! Your history is not your destiny. Start re-writing now!

### Addicted To Excellence

Transform self-knowledge into a toolset for positive change! Reward yourself for the right behaviors!

**BONUS  
LANE 4:**  
"MOVE YOUR OWN  
CHEESE!" FOR  
ORGANIZATIONS

### Design, Build, Launch, Survive

Develop an insane focus on survival of the business! Design, brand, technology, all else is pointless if you closed!

### Communicate!

Make it your job to keep all constituents fully informed about your business! When they hear from you in good times, they'll support you through tough too.

### Build Your People

Overcome resistance and start leading by example! Treat people like they make a difference and they will make a difference!

To inquire about personal coaching or on-site training with Vlad - email at [vzachary@gmail.com](mailto:vzachary@gmail.com)

All Rights Reserved © Copyright Vlad Zachary <http://www.vladzachary.com/> 