

# BUSINESS WORKOUT



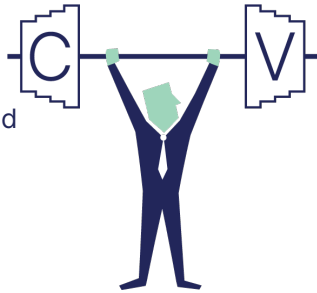
## BUILD YOUR ENDURANCE TO OVERCOME ANY BUSINESS OBSTACLE

### INFO

1. Learn each of the 10 Business-Muscle Building Actions
2. Exercise them daily to elevate your business endurance.

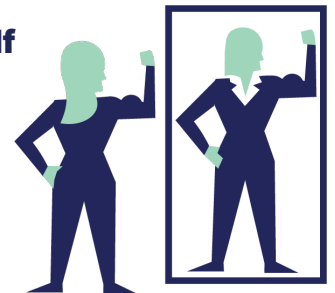
### 1. Elevate Values

Start from a foundation of shared core values to bring your team and your customers together. Always lift your values high!



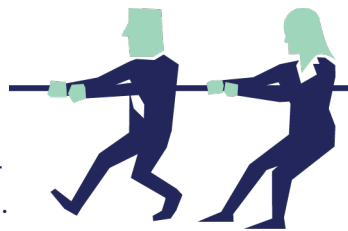
### 2. Freedom To Be Yourself

Discover how you add value across all three parts of the mind, then learn about others. Flex your natural strengths as you apply them each day.



### 3. Find Your Way

Develop a consistent way of working so that everyone on your team is pulling in the same direction. Work together and move as one unified force.



### 4. The Leadership Model

Create a clear expectation of what leadership looks like in your organization, then set the pace for others to follow.



### 5. Everyone Contributes

Make communication a top priority. Create a single point of truth and regularly huddle with your team to share and to listen.



### 6. Batteries Included

Give your team members ownership over their own performance and watch how high they climb. Check in regularly to discuss obstacles and guide progress.



### 7. Gratitude

Create opportunities for people to connect, interact and share. Build your team culture around the rewards of gratitude.



### 8. Everyone Thrives

Recognize the need for well-being across your team and provide personalized support to each individual.



### 9. Belonging & Celebration

Ensure each person is welcomed and supported in your journey. Take on your work as a team so that you can celebrate together.



### 10. Connect The Dots

Bring together each of these business muscle groups to not only survive any obstacle, but finish as a team.

