

# **Building Mental Fortitude for a Successful Business with Lisa Tamati**

The article features a conversation with extreme athlete Lisa Tamati, who offers advice on time management, honing focus, and building habits for success.

It's essential as it offers insights on personal growth and increased productivity drawn from Tamati's experiences.

The benefit of these exercises is that they help you to apply Tamati's strategies to your own life, optimizing your productivity, and making strides toward your goals.

## **Quote to remember from the Interview**

"What can you implement for yourself and your business in the next 24 hours? Remember, taking action is the secret sauce to results."

## **What You'll Learn From the Activity**

These questions and activities will help the audience to understand, internalize, and apply the principles that Tamati discusses, assisting them in optimizing their focus, managing their time better, and establishing daily routines that lead to lasting results.

**Activity**

List three tasks you find hard to focus on.

1.

2.

3.

Based on Tamati's advice, what could you do differently to improve your focus?

What are your distinct strengths that you could specialize in?

In what way being specialized could enhance your performance?

Investigate a time when specializing helped you achieve a goal.  
What physical routine can you establish to impact your mentality positively?

Enumerate three small habits you can build every day.

- 1.
- 2.
- 3.

Write down your current sleeping habits.  
How does your sleep pattern contribute to your overall well-being and productivity?

If possible/appropriate, experiment with a different sleep pattern. Does it affect your productivity?

What actions can you implement in your life within the next 24 hours based on your learnings from this article?

How would applying these actions result in positive outcomes?

How will focusing on your strengths rather than being well-rounded improve your personal or professional life?

Reflect on a time you experienced improved results because you focused your energy on a specific task.

List three new habits you could implement into your daily or weekly routine that you believe will improve your productivity.

1.

2.

3.

Make a plan for implementing these habits. How will you ensure you stick to them?

Describe a situation when time management helped increase your efficiency.

Briefly explain an instance where lack of focus led to dwindling productivity. Give an example of how you can channel your energy into a focused task?

How will focusing on personal enjoyment and passion within your selected field boost your performance?

Based on what you learned from the article, write down a plan for your sleep routine that you think would help improve your productivity.

Write a short paragraph on how reshaping traditional theories on well-roundedness would benefit you.

Explain what actions of yours in the next 24 hours will contribute to your intended legacy.

Share how being health conscious played a part in achieving your goals.

True or False: Implementing advice within 24 hours is crucial to seeing results.

After finishing this workbook, what will you do differently in your routine to enhance your daily life?

How will incorporating Tamati's advice help you leave a significant legacy?

Give yourself an assignment for the next week based on what you've learned from the article.

These activities will help you understand and apply Lisa's methods to your own life, helping you to focus, manage your time better, and lead a productive and balanced life.