

THE WORK STRONGER



WORKBOOK

PETE LEIBMAN

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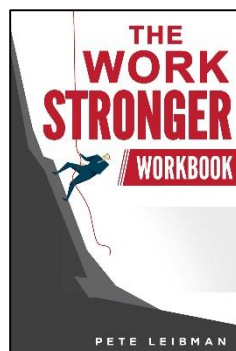
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INTRODUCTION

Thank you for ordering my book *Work Stronger* and downloading *The Work Stronger Workbook*! The fact that you are reading this proves you are committed to becoming even better.

What's my story? After transforming my body at the end of high school, I became obsessed with seeing what else could be improved. Since then, I've spent more than fifteen years researching psychology, behavior change, and high performance. Over the years, many people have asked me how to feel better and perform better. My purpose in writing *Work Stronger* is to provide you with clear, practical, step-by-step recommendations. Nothing brings me more joy than seeing other people overcome challenges and achieve their dreams.

In *Work Stronger*, you will learn how to take control of your behavior and form stronger habits in four key areas- nutrition, exercise, focus, and renewal. Stronger habits will make you healthier, more energetic, more resilient, more confident, and more productive.

All of us hold ourselves back in ways that we do not recognize or might not want to admit. *Work Stronger* will help you turn yourself into the strongest person that you can become- physically, mentally, and psychologically. Before you dive into the book and workbook, let me offer two quick recommendations:

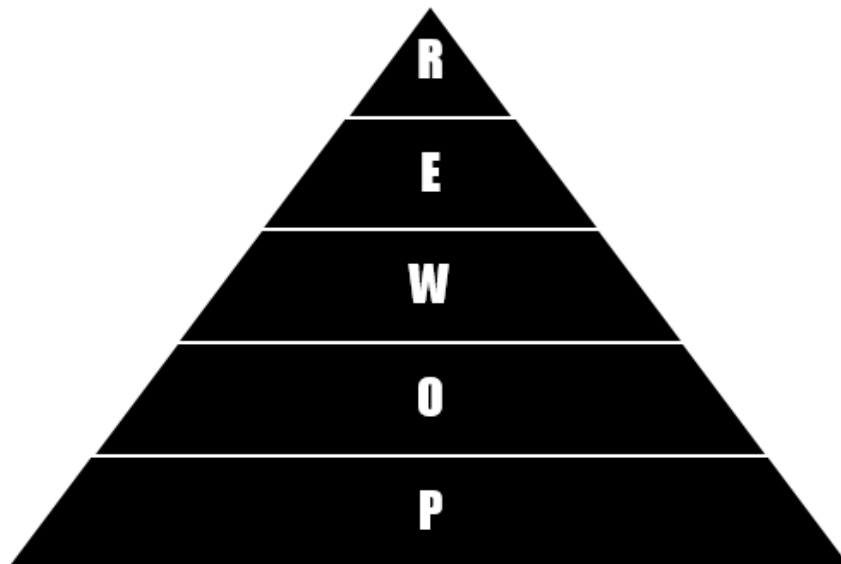
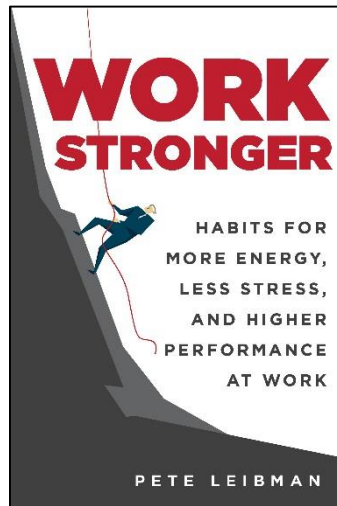
- **Take *The Stronger Habits Assessment* for free.** Find out how strong your current habits are. If you haven't already done so, you can take this assessment at WorkStronger.com. It takes less than three minutes, and you get your results immediately. You can also invite your co-workers, friends, and family to take the assessment for free.
- **Identify an accountability partner(s).** Any change is easier when you have someone to support you and hold you accountable along the way. Ask someone you trust to read *Work Stronger* with you and to take action with you.

You can be so much stronger than you realize. Take it one stronger habit at a time...

-Pete Leibman, author of *Work Stronger*



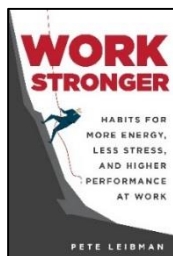
PART 1: THE P.O.W.E.R. PYRAMID



CHAPTER 1 NOTES

Here are some questions that you might want to ask yourself as you reflect on this chapter:

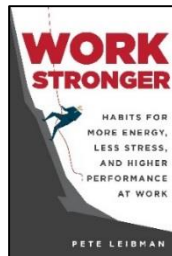
- How often do you feel like you are at your best at work and at home? How might your life improve with stronger habits in regard to nutrition, exercise, focus, and renewal?
- How are you trending in regard to your health, your energy, and your stress? What will your life look like in the future if you continue at your current rate?
- Who matters most to you? What kind of example are you setting for these people with your current habits?



CHAPTER 2 NOTES

Here are some questions that you might want to ask yourself as you reflect on this chapter:

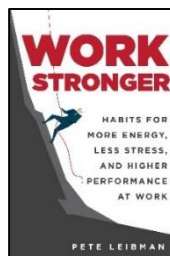
- Where might you be holding yourself back with a fixed mindset? How could you challenge these beliefs and develop more of a growth mindset?
- Think of a goal that feels overwhelming to you. How could you follow *the Headlights Method* to make this goal feel more achievable?
- Who could you look at as a *Relevant Role Model* for a goal that you would like to achieve?



CHAPTER 3 NOTES

Here are some questions that you might want to ask yourself as you reflect on this chapter:

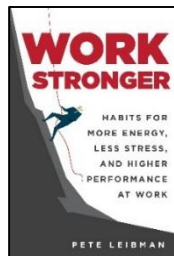
- Think of a behavior that you would like to stop doing (or do less often). What are the cue(s) and reward(s) associated with this behavior? How could you use the strategies from this chapter to break this habit?
- Think of a behavior that you would like to start doing (or do more often). How could you use the strategies from this chapter to make this habit stick?
- How often do you think about your future self? Who do you want to become in the future?



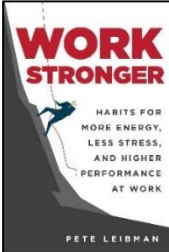
CHAPTER 4 NOTES

Here are some questions that you might want to ask yourself as you reflect on this chapter:

- How could you turn your bedroom into a more peaceful sleeping environment?
- How could you create a healthier eating environment around you?
- How could you build a stronger community around you? Which groups and organizations could you get involved with to meet like-minded people?



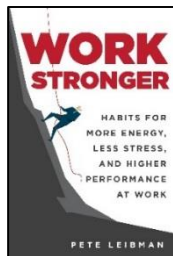
CHAPTER 4 NOTES



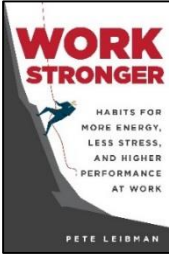
CHAPTER 5 NOTES

Here are some questions that you might want to ask yourself as you reflect on this chapter:

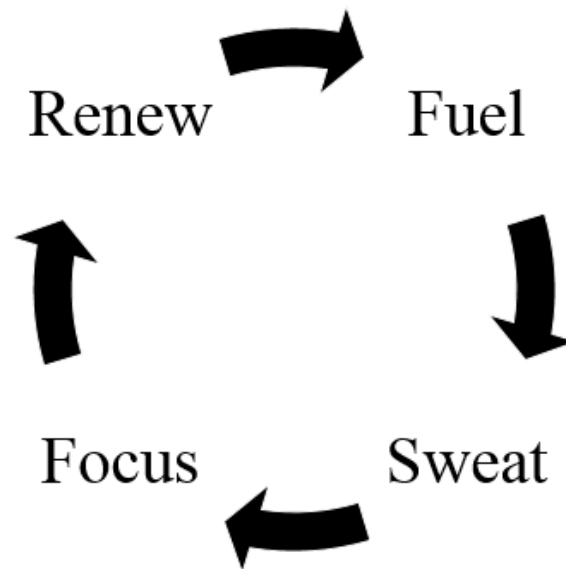
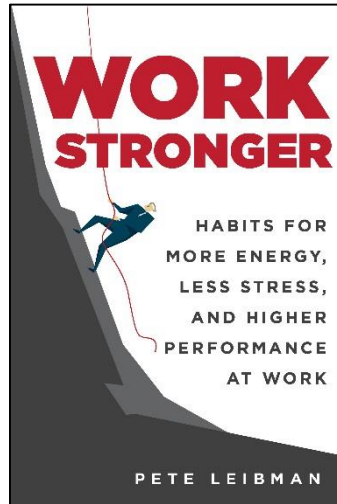
- Have certain strategies been more effective for you than others in terms of holding yourself accountable in the past? How can you use these strategies in the future?
- Have you had success in the past by tracking yourself in a certain way? How can you follow a similar approach in the future?
- How often do you honor your commitments to yourself and to other people? Are there certain people or certain areas where it is time to start keeping more of your promises?



CHAPTER 5 NOTES

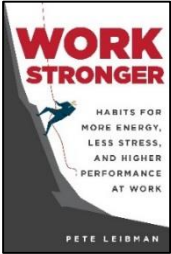


PART 2: THE STRONGER CYCLE

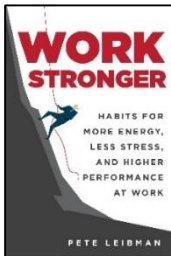


CHAPTER 6 NOTES

- How do you feel and perform when you eat well? How do you feel and perform when you don't eat well?
- What are your greatest obstacles in regard to your eating habits? How could you overcome these obstacles?
- Based on the recommendations in this chapter from Precision Nutrition (PN), what would a perfect breakfast/meal look like for you? How could you tweak this meal to mix it up?



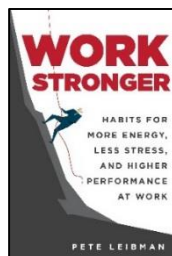
CHAPTER 6 NOTES



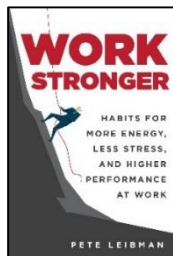
CHAPTER 7 NOTES

Here are some questions that you might want to ask yourself as you reflect on this chapter:

- How do you feel and perform when you are making time for exercise? How do you feel and perform when you are not making time for exercise?
- What are your greatest obstacles in regard to exercise? How could you overcome these obstacles?
- What could you do to make exercise fun? How could you tweak your workout routine to keep it fresh and get better results?



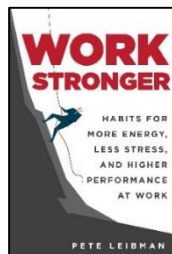
CHAPTER 8 NOTES



CHAPTER 9 NOTES

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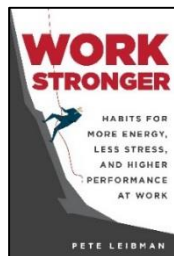
- How do you feel and perform when you are well-rested? How do you feel and perform when you are not well-rested?
- What could you stop doing or start doing before bed to improve your sleep quality?
- What could you stop doing or start doing before work to take more control of your mornings?



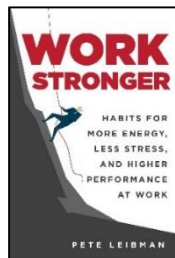
CHAPTER 10 NOTES

Here are some questions that you might want to ask yourself as you reflect on this chapter:

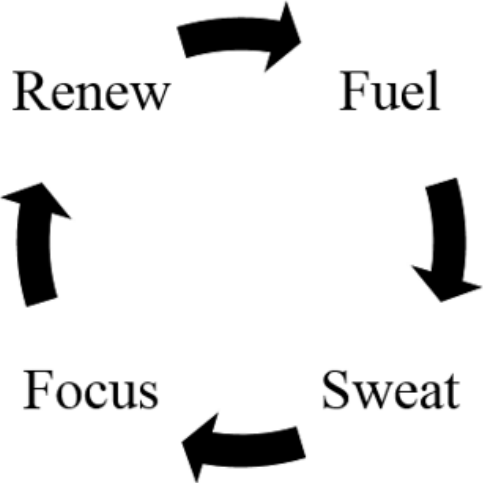
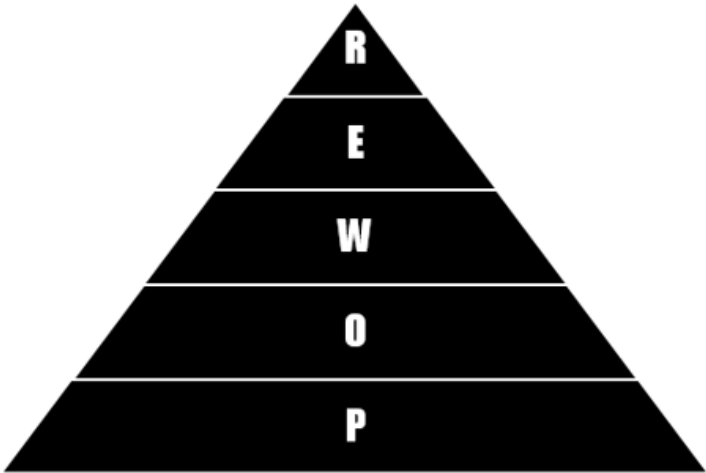
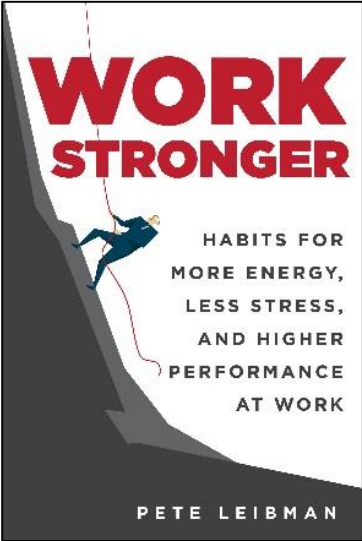
- What kind of example are your leaders currently setting for your employees? How could you encourage your leaders to serve as healthy role models?
- How could you motivate your employees naturally to make their health and well-being a priority?
- How could you create a healthier environment for your employees?



CHAPTER 10 NOTES



HIGH PERFORMANCE TOOLS AND RESOURCES



THE 3-MINUTE CIRCUIT

While there are hundreds of different exercises that you could do, six key movements (*The Stronger Six*) target every major muscle group and help you get the best results in the least amount of time. If time is very limited and you are looking for an effective, full-body workout that you can do anywhere, give my *3-Minute Circuit* a try. There are countless ways to tweak it and adjust the difficulty up or down. Just follow these four steps. (See chapter 7 of *Work Stronger* for more details on exercise.)

Step 1: Set up. Create a circuit for the day. Grab a stopwatch and any equipment too:

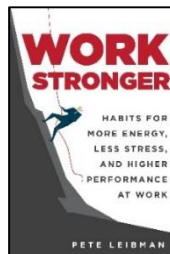
- *Elevate:* _____
- *Pull:* _____
- *Squat:* _____
- *Push:* _____
- *Hinge:* _____
- *Plank:* _____
- *Equipment required:* _____

Step 2: Warm-up. Aim for 5-7 minutes.

Step 3: Work out. Complete your *3-Minute Circuit* three times in a row, in this order. If possible, rest only ten seconds between exercises and between circuits:

- *Elevate* for 20 seconds. (Then, rest for 10 seconds.)
- *Pull* for 20 seconds. (Then, rest for 10 seconds.)
- *Squat* for 20 seconds. (Then, rest for 10 seconds.)
- *Push* for 20 seconds. (Then, rest for 10 seconds.)
- *Hinge* for 20 seconds. (Then, rest for 10 seconds.)
- *Plank* for 20 seconds. (Then, rest for 10 seconds.)

Step 4: Cool down and stretch. Aim for 5-7 minutes.

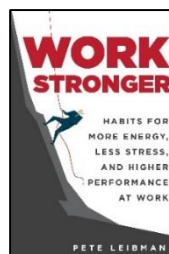


THE WORK STRONGER DAY PLANNER

The Work Stronger Day Planner (covered in detail in chapter 8 of *Work Stronger*) is a one-page peak productivity tool that helps you identify your daily priorities—after you have determined what you want to accomplish for the week. This tool places tasks into three unique categories (*Scheduled Commitments*, *Reminders and Fast Tasks*, and *Unscheduled Priorities*). To create your plan for a given day, follow these three steps:

- **Step 1: Identify your *Scheduled Commitments* for the day.** These are calls and meetings that were previously scheduled on your calendar. Note: Whether these calls or meetings are truly the best use of your time is a separate question that is not easily answered here.
- **Step 2: Identify your *Reminders and Fast Tasks* for the day.** These are activities that you can complete in less than fifteen minutes (i.e. “send contract to Chris” or “call Mary back”). This category serves as a daily “storage bin” for anything personal or professional that could slip through the cracks.
- **Step 3: Identify, quantify, and rank three *Unscheduled Priorities* for the day.** These high-value activities are important, but not urgent or scheduled. They are usually tasks to be completed on your own, such as preparing for presentations, reviewing contracts, or writing articles. You can identify your top *Unscheduled Priorities* by asking yourself this question several times: “If I only had one more hour outside of my *Scheduled Commitments*, what would be the most valuable way for me to use that hour?”

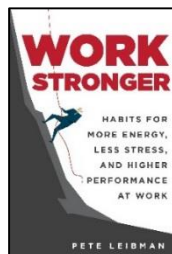
A blank copy of *The Work Stronger Day Planner* is included on the following page.



THE WORK STRONGER DAY PLANNER

<u>Unscheduled Priorities</u>	<u>Duration</u>	<u>Rank</u>

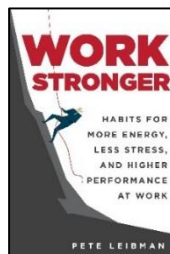
<u>Scheduled Commitments</u>		<u>Reminders and Fast Tasks</u>
8:00-9:00		
9:00-10:00		
10:00-11:00		
11:00-12:00		
12:00-1:00		
1:00-2:00		
2:00-3:00		
3:00-4:00		
4:00-5:00		
5:00-6:00		



THE WORK STRONGER TRAVEL CHECKLIST

Travel does not always go as expected, and it will be uncomfortable and less productive unless you plan ahead. This checklist will help you make the most of time on the road:

- 1. Plan for delays.** Have you built extra time into your schedule, in case of delays?
- 2. Maximize transit time.** Have you identified a high-value activity (i.e. strategic planning, reading, meditating, etc.) to do during transit?
- 3. Make transit more comfortable.** Do you have items to make transit more comfortable (i.e. a travel pillow, a bottle of water, and healthy snacks to re-fuel in-flight)?
- 4. Bring fuel for your trip.** Have you packed some healthy, non-perishable fuel (and/or supplements) in your luggage for the rest of your trip?
- 5. Sweat during your trip.** Have you decided when, where, and how you will exercise during your trip? Have you packed any necessary equipment (i.e. running sneakers, workout clothes, jump rope, and resistance band)?
- 6. Turn your hotel room into a sleep sanctuary.** Have you brought any necessary items to make your hotel room a better sleeping environment (i.e. a travel pillow, a sleeping mask to block out light, or a white noise machine to block out sound)?
- 7. Create a pain-free desk.** Have you packed any necessary equipment (i.e. laptop, charger, wireless keyboard, mouse, monitor stand) to create a pain-free desk on the road?

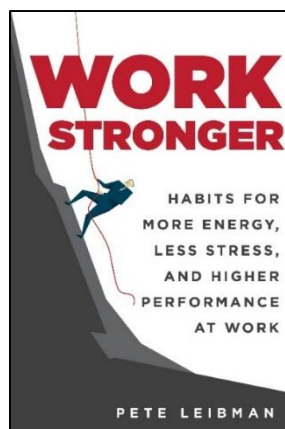


ABOUT THE AUTHOR

Pete Leibman is an author, speaker, and high performance coach whose work has been featured on Fox News, CBS Radio, and CNNMoney.com. He is the creator of StrongerHabits.com and the author of *Work Stronger: Habits for More Energy, Less Stress, and Higher Performance at Work*. In his free time, he teaches one of the largest group exercise classes in the Washington, D.C. area. He has also competed in the Obstacle Course Racing (OCR) World Championships. You can meet Pete at WorkStronger.com.

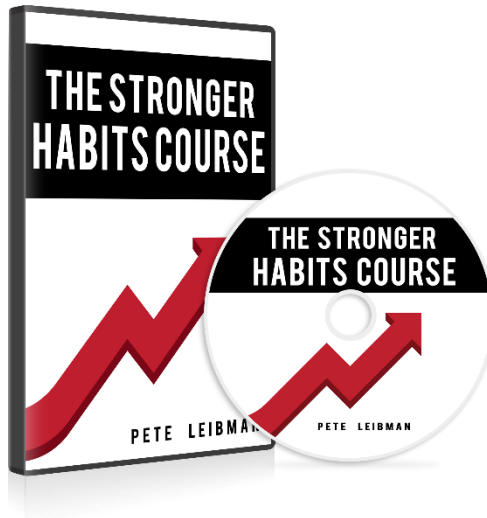


Pete Leibman at work (left) and competing in an obstacle race (right)



YOU'VE READ *WORK STRONGER*. NOW WHAT?

Take *The Stronger Habits Course*: Would you like more support and guidance in taking your performance to an even higher level? Let Pete guide you step-by-step through his online course on forming stronger habits. You can learn more at <https://strongerhabits.com/course>.



Bring *Work Stronger* into your company: Would you like to energize your organization and introduce your people to a stronger way of working? Visit <https://strongerhabits.com/corporate> to learn about special bonuses for group orders of *Work Stronger*, or to learn how you can hire Pete as a consultant or as a speaker for a workshop, keynote, or webinar.

