

FS Thrive™ X EXOS

Four pillars of high performance: Key takeaways

Mindset

Mindset is about dedicating yourself to a goal and understanding what it requires to accomplish it.

- ✓ Start your day with a positive statement.
- ✓ Create an achievable personal statement.
- ✓ Pause and visualize a pretty place.
- ✓ Visualize success on daily tasks.
- ✓ Prioritize tasks for the day.
- ✓ Smile at someone today.
- ✓ Write out a daily goal.
- ✓ Organize your desk to reduce stress.
- ✓ Read an inspirational quote.
- ✓ Schedule exercise online ahead of time.
- ✓ Eliminate distractions for 20 minutes.
- ✓ Give someone a compliment.
- ✓ Choose a healthy lunch.
- ✓ Brighten your mood with bright clothes.
- ✓ Stay accountable by sharing your goals.
- ✓ Make an achievable goal for the week.

Nutrition

Nutrition fuels the brain and body, providing foundational support to maximize performance.

- ✓ Pack a healthy snack.
- ✓ Skip the vending machine.
- ✓ Try a new veggie.
- ✓ Try a new fruit.
- ✓ Put three different food colors on the plate.
- ✓ Have a protein with each meal.
- ✓ Eat slow, breathe and savor your food.
- ✓ Keep a water bottle on your desk.
- ✓ Drink 20 ounces of water when you wake.
- ✓ Drink half your weight in ounces daily.
- ✓ Eat breakfast within an hour of waking up.
- ✓ Eat small meals every 2–3 hours.
- ✓ Split meals when you eat out.
- ✓ Choose lean proteins.
- ✓ Drink a glass of water before each meal.
- ✓ Track food intake for a day.

Movement

Movement is essential for improving performance. It's about moving your body better.

- ✓ Skip the elevator and take the stairs.
- ✓ Park farther away from your building.
- ✓ Schedule a walking meeting.
- ✓ Schedule workouts in Outlook.
- ✓ Take a walking break.
- ✓ Do three stretches at your desk.
- ✓ Take a call on your cell and walk during it.
- ✓ Do five bodyweight squats.
- ✓ Roll your shoulders forward 10 times.
- ✓ Roll your shoulders backward 10 times.
- ✓ Participate in a group exercise class.
- ✓ Fix posture each time you pass a mirror.
- ✓ Check your posture every hour.
- ✓ Do 10 rows using a band.

Recovery

Recovery allows the mind and body to recharge and prepare for the next day's activities.

- ✓ Sleep 8+ hours at night.
- ✓ Keep your bedroom dark and cool.
- ✓ Work + Rest = Success
- ✓ Schedule recovery in your calendar.
- ✓ Drink 16 ounces of water after a workout.
- ✓ Take 5–10 minutes to put your feet up.
- ✓ Learn a new stretch.
- ✓ Use a foam roller.
- ✓ Foam roll during commercials.
- ✓ Roll a ball under your foot to relieve strain.
- ✓ Take a 10-minute meditation break.
- ✓ Breathe deeply during stressful situations.
- ✓ Take a hot/cold shower.

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