
CAPACITY UPGRADE ROADMAP

→ From Overloaded to Unstoppable – Your Roadmap to Sustainable High Performance.

Most high performers don't fail because they lack drive.

They burn out because they've never been taught to build capacity.

Capacity isn't how much you can cram into a week.

It's how much quality performance you can sustain – without breaking.

This roadmap shows you exactly how we upgrade it inside The Performance Engine™.

Phase 1: Awareness – Spot the Limits

Symptoms:

- Constant mental noise and distraction
- Energy peaks are short-lived; afternoons feel like slogs
- Recovery is reactive, not proactive

Shift to Make:

- Spot your saboteurs, identify your energy leaks, and ditch the false “productivity hacks” holding you back.

Tools:

- 5-Minute Saboteur Assessment (Mental Fitness Hub)
 - Daily Mental Fitness Reps to quiet the noise
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Phase 2: Reset – Reclaim Your Energy

Symptoms:

- “Always on” mode is your default
- Sleep, nutrition, and downtime treated as luxuries

Shift to Make:

- Schedule recovery as a non-negotiable performance input – not an afterthought.

Tools:

- Recovery-to-Readiness Map (Recovery Hub)
- Micro-recovery habits woven into your workday

Phase 3: Elevate – Trigger Flow on Demand

Symptoms:

- Stuck in grind mode
- Creativity feels forced

Shift to Make:

- Structure your week around high-challenge, high-skill work bursts – and build in the conditions for deep focus.

Tools:

- Flow Gameplan (Flow Hub)
 - Flow Trigger Checklist for daily focus
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Phase 4: Sustain – Build Your New Baseline

Symptoms:

- Old patterns creep back when pressure spikes

Shift to Make:

- Lock in identity-first habits so your high-performance state becomes your default setting.

Tools:

- Weekly Performance Review Template
 - Engine Reset Protocols from The Performance Engine™
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Next Step: Activate Your Performance Engine™

Capacity is trained – not inherited.

Upgrade yours today with the tools inside The Performance Hub.

👉 Step 1 > Take the free 5-minutes [Saboteur Assessment](#).

NB: Pls select “Yes” to the question “Were you referred by a coach?”

It’s revealing, insightful, and usually sparks some big “aha” moments around the mental patterns that may be quietly holding you back.

👉 Step 2 > Let’s decode your top Saboteurs on a complimentary [Saboteur Discovery Session](#).

👉 Step 3 > [Activate Your Performance Engine](#)

