MOTIVATIONAL STACK ROADMAP

→ Unlock the fuel mix that gets you into Flow faster — and keeps you there.

Why Motivation Stacking Works

Most people rely on a single motivator — like chasing a bonus or doing what they "love."

The problem?

One source runs dry.

And when it does, so does your drive.

In Flow Science, the fastest route into high-performance states is to stack your motivators so they reinforce each other.

You blend:

→ Intrinsic drivers (internal) — purpose, passion, mastery, autonomy.

→ Extrinsic drivers (external) — goals, rewards, recognition.

When they work together, they pull you into action and keep you engaged when conditions get tough.

Quick-Start Exercise: Build Your Stack

This week, pick ONE important task — the kind that would benefit from deep focus.

For that task, answer these in writing:

1. Purpose: Who or what benefits if you nail this?
2. Passion: What part of this excites you most?
3. Autonomy: What's one way you can own the approach?
4. Mastery: What skill will you improve by doing this?
5. Goals: What's the win condition for this task?
6. Rewards: How will you celebrate when it's done?

Put the answers somewhere you'll see them before you start.

Notice how much easier it is to drop into Flow when your stack is front-loaded.

Next Step: Activate Your Performance Engine™

The Motivational Stack is just one of dozens of Flow triggers we wire into your system in The Performance Engine™.

When you combine it with recovery rhythms and mental fitness training, Flow becomes a repeatable, trainable state — not an accident.

👉 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

THE PERFORMANCE ENGINE PROGRAM HELPS YOU TURN HIGH PERFORMANCE FROM SOMETHING YOU CHASE INTO SOMETHING YOU BECOME.

→ Built for Business Teams, Athletes and Early Career Professionals

BE LIMITLESS. BUILD YOU.