FLIP THE SWITCH
BE WHO YOU'RE CAPABLE OF BEING

EMBODY AND BECOME THE BEST VERSION OF YOURSELF, RIGHT THIS SECOND.

1. DO IT LIKE CLARK KENT
   SUPERPOWER IN 11 SECONDS

2. CONNECT TO OPTIMUM
   STIMULUS → RESPONSE
   THIS GAP IS YOUR FREEDOM!

3. CLOSE THE GAP
   WHO YOU ARE CAPABLE OF BEING
   WHO YOU ARE ACTUALLY BEING

4. OPTIMUM BREATHE
   PULL THE THREAD
   BREATHE DEEPLY THROUGH NOSE
   EXHALE SLOWLY
   CHEST UP
   CHIN DOWN

OPTIMIZE.ME/MASTERY

PRACTICE