



FINAL COMMON PATHWAY

**HOW STRESS IS
RUINING YOUR
SUCCESS**

SHORTENING YOUR LIFELINE,
FLATTENING YOUR WEALTHLINE... &
MORE

SPECIAL REPORT BY
HARJOT SINGH, M.D.

SPECIAL BONUSES

Included in this report, learn:

1. Three long term trends smart Leaders know that will shape your decisions *now*
2. The number one reason why you aren't able to break free from stress
3. How two basic laws of economics, if applied well, let you eliminate stress, crush performance indicators, advance your career, and create a path to earning more money

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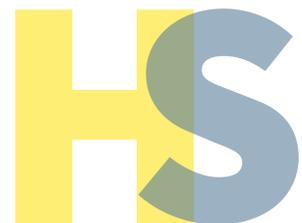
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HARJOT SINGH, MD

Harjot Singh helps healthcare leaders become more successful... faster.

Using a simple & structured process, Dr. Harjot Singh helps Healthcare Leaders struggling with stress & overwhelm to eliminate stress, crush performance indicators, advance their careers, & create a path to earn more money. He is especially passionate about enhancing the large amount of time leaders spend in their workplaces to make sure it is effective and productive, as well as enjoyable. Since completing his Professional Medical Training in 2004, Harjot has evolved into a Leadership Adviser, Speaker & Coach. He is also a member of the faculty at the American College for Healthcare Executives.

Dr. Singh is also the co-creator of the first evidence-based Burnout-Engagement Employee Performance training program for the American College of Healthcare Executives. He also has the longest running speaker program on Professional Burnout at the annual meeting of the American College of Healthcare Executives. Harjot was among the first team of Physician Burnout coaches selected to work for TheHappyMD.com - the industry leader in Physician Burnout, and has primarily worked with clients with clinical backgrounds.



In the field of Leadership Development and Management Consulting, he would be still be considered a newbie. However, he brings a fresh perspective - structured work, precision & responsibility ingrained from his clinical background, and solutions for focused work.

The number one problem Dr. Singh loves to attack is helping leaders & managers combat stress and overwhelm in their lives. This is a big unspoken pain in leaders' lives and is often justified by telling themselves "that's just the way things are". In Harjot's experience, taking care of stress and overwhelm gives the maximum results in the minimum amount of time - by creating space, tactical capacity, & bandwidth to execute. He aims to help you have "double the impact in half the time" with time and energy left to do much more! Other areas Dr. Singh is passionate about are engagement, powerbase building, and strategic planning. The results he helps his clients attain are high personal & team performance, high employee engagement and lower burnout, advancement of careers, and even helping Healthcare Leaders to earn more money in the process.

Outside of his obsession with helping others attain high performance, Harjot is:

- A practicing Physician. also serving as the Assistant Medical Director at Kingsview TelePsychiatry
- Faculty at American College of Healthcare Executives
- Affiliate at the Center for Influential Leadership
- Currently living in beautiful Southwest USA, and loves to travel with his wife and children



DEDICATED TO YOU

If you are like most of the healthcare executives, you are already a high achieving & ambitious person. You are committed to high performance at work, and want to see big results from your team. But because of one reason or another, you struggle to get peak performance.

Maybe your team is not engaged or performing,

Or employee turnover & bad behavior is weakening your organization,

Or strategic initiatives are not getting implemented,

Or new mandates are grinding the operations to a halt - adding more before anything is taken away.

And all of this is causing overwhelm & stress that doesn't leave any time or energy to do anything else. It also threatens your career advancement, and spills over into your personal life affecting your health and relationships at home. You worry about politics at work and how it may affect your career and your livelihood. Maybe you've tried a few things, but not much changed.

IT DOESN'T HAVE TO BE LIKE THAT.

You have long life to live,
and you have a long
career ahead of you - and
you deserve success
everywhere, starting
now.



A SUCCESSFUL LEADER'S CAREER & LIFE

First of all, congratulations on taking the first steps toward accelerating your success in all parts of your life - this shows that you are looking to make changes and get help in a world where getting help is considered a big taboo... a sign of weakness. This act alone sets you apart from the majority of other healthcare leaders.

In our world, a successful leader leads & lives in a way that it creates a long, continuously advancing, and high performing career - a life in which earning more money & creating more wealth happens easily, and all of it gets done without the harmful effects of stress & overwhelm.

Most leaders think this is impossible when they first hear this.

“Advancing career?”

“No stress?”

“I am barely making it work as it is!”

“More money, how?”

And it does sound a bit preposterous...

I can feel your bullshit detectors going up. “Let me see what bridge this guy going to sell.” Or expecting some “quick tips for time management” or “meditation magic” to convince you to buy something from me. Or, some “time is money” trickery. (even though it is, even more so).

This report is about how knowledge of market trends and research evidence, combined with conventional wisdom & experience can help you accomplish all of this (and identify where you're messing up and how to avoid doing that). All very practical hands on stuff without any fluff. And the stress on money is there for a purpose.

A LEADER'S JOURNEY - A TALE OF TWO JOURNEYS



In one career, a leader has two journeys to travel.

While on the outside, you move from being a technical expert to a manager to an executive, there's an inner journey you take on all on your own to become a leader.

These two journeys are part of the reason there is confusion between the two terms - Executive and Leader, while in reality these three main distinctions exist.

ONE

Using Webster's definition, the executive "put plans, actions, or laws into effect", while the leader is "the person who leads or commands a group, organization, or country". Two very different perspectives; one is clearly about the past and rules and "who does what" protocols while the other is about the future, the people, and a "what can be done" mindset.

TWO

Being an executive is a matter of outer promotion, becoming a leader is a matter of inner elevation. Even early on many people even while working as technical experts, show leadership. And there are plenty of executives who keep on working like higher status technical experts, while never transforming themselves into leaders. Some keep on thinking that all that there is with being a leader is a bigger title, higher salary, and more prestige, without ever working on their inner self.

THREE

The third main distinction is how do you actually rise - an executive can move up (or away) based on technical expertise, but to become a leader inner growth has to happen. In our system, this growth is essential if you are planning on eliminating Stress, crush Performance Indicators, advance your Career, and create a path to Earn more money - what we call SPICE up your Leadership.

This brings you to our Bonus number 1...

BONUS NUMBER 1

Three long term trends smart Leaders know that'll shape your decisions now

Let's take a look at three trends you'll need to know for your journey:

1 Bigger hospital-like organizations are on the rise. Hospitals are buying practices, and Physicians are becoming employees. And this trend isn't stopping! Even other sub-acute facilities are growing.

With that, there is a need for competent healthcare executives who are willing to take on new challenges. This has created a huge opportunity for healthcare leaders to have upward mobility, and with that mobility there is more potential to earn

Let's just look at a basic fact here - in Healthcare, Executive salaries are the only ones that have outpaced inflation in the last 20 years. This can make you feel secure, but before you get too excited, let's take a look at trend #2.

2 The tenure of people in C-suite is short. Hospitals & clinics close down, many file for bankruptcy. Positions get repositioned, and if you're not ready for change, you'll find yourself on the short end of stick more often than you know.

As we say - some people make things happen, others let things happen, and some wonder, "what happened?" Who do you want to be?

Imagine you are away from the technical skills, and not getting anywhere in your executive career because you are passively letting things happen to you. Pretty dismal! You'll only have yourself to blame. This brings us to trend #3.

3 You're going to live long (well, most of you are). Usually this should be a matter of joy and celebration, but it's not that simple.

With a long life you'll need a big enough stash of money so you live not only long but well too. And for that, you need to have a long career to build your stash.

If all you're doing is waiting for your golden years to "start living the life", you're setting yourself up for a huge disappointment. Waiting while suffering at work is like being in a prison, where you'll shorten your years not just in quantity, but in quality as well - it's morbid. This life is not a rehearsal for another life, and there are no do-overs.

Now there is absolutely no doubt that saving & investing early to fund your retirement would accelerate its growth - with the power of compound interest. But early investments also need to be made to learn skills to be a successful leader. The early investment made in the true nature of leadership (i.e. becoming a master of the leader's inner journey) is also important. Learning the soft skills involved, and mastering the political landscape goes a long way to ensure that you will have a long career and a happy life as you are living it.

HOW STRESS MAKES YOU SICK, KEEPS YOU TRAPPED, AND DOESN'T LET YOU REALIZE YOUR POTENTIAL

Now that you know the Leader's Journey, and the three trends, let's look at how stress and overwhelm hurts you in this journey.

Let's start with something that we have known for a long time. We've had solid research information about it for decades, and yet we continue to ignore this information at personal, organizational, and societal levels. The simple fact that if left unaddressed **stress** is a deadly killer.

Are you familiar with this painting?

This famous painting depicts what has become one of the most important symbols of our times. Sisyphus was a mortal who tricked ancient greek gods into becoming immortal. And the gods punished him with this demeaning fruitless labor - he is supposed to pick up this boulder on his back at the crack of dawn, and walk all day up to the top of the mountain. By the time he gets to the top, the sun is already setting. What do you think happens to the boulder the moment he puts it down? It rolls down to the foot of the mountain. And what does Sisyphus have to do next? He walks down to the base of the mountain, and at the crack of dawn starts the process all over again. Just pause and think for a moment - how many of us feel like this is us at work? Imagine the effect on the body - imagine the effect on the mind.

How does this affect you?

In his landmark book, "Why Zebras don't get Ulcers?", Robert Sapolsky, PhD, a Neuroendocrinologist at Stanford, explains how stress isn't just a transient feeling. Its effect, as he studied over decades, is premature aging, premature diseases, and premature death. Stress makes you sick physically. It raises risk of all chronic diseases - obesity, heart disease, hypertension, diabetes, not to mention hair loss, acne, and sexual problems. Stress also makes you sick mentally. It takes away your ability to work, earn and invest. It raises risk of depression, anxiety, alcohol and drug use, and suicide. It adds to relationship problems at work, and home, and is a risk factor for divorce.



Newer DNA telomere destruction studies confirm that under stress you age 4-5 times faster. Just last year alone, 61 percent of employees reported taking time off due to illnesses related to stress, and 7 percent reported getting hospitalized. Stress is emerging as one of the leading causes of death. Stanford Graduate School of Management Professor Jeffrey Pfeffer calculated that workplace stress kills 120,000 people annually in the U.S. alone.

But these two are not the worst things it does. Far from it. These two - physical and mental issues - are easy to see. Maybe you or someone you know has had them too, and intellectually you may rattle off a long list of maladies stress can cause. But stress actually does something far worse, which brings us back to the title of this report - the Final Common Pathway: How Stress is ruining your Success.

The sneakiest trick stress plays is that it doesn't let you engage the best tool you have to get rid of it - your mind. It keeps you confused enough that you give up trying to get rid of it - very sneaky! Even when you feel frustrated or bad, and look for solutions, it doesn't let you look at the bigger picture, but sends your mind in search of quick solutions or tips and tricks, while the march of stress goes on. Another way to understand this is to see that everyday, day after day, we behave in response to inner or outer stimuli. The usual predictable pattern of behavior we follow is called our habits. In a perfect world, we would have enough time to think through everything we do. However, stress has a modifying effect on the process between stimuli and behavior. In this sense, stress acts as a catalyst for hundreds of thousands of behavior impacting stimuli, creating an unpredictable impact on every decision.

It continuously modifies our response i.e. behavior without us even realizing what's going on. My friend and mentor Michael Frisina, PhD calls it being "forever stuck in lower brain functioning, never engaging your upper brain".



WHY DON'T YOU BREAK FREE?

You already have the information about why you need to eliminate stress, but why is it that most people are not able to do it?

There are three causes that exist in our culture which cause us to believe “that’s just the way it is”. Let’s jump right in, and start by blaming others, kinda.

Cause number one: **our culture**. Most of you have accepted stress & overwhelm as part of your life. No questions asked. And many are told, “that’s just the way it is”. In other words, you’re part of a culture where being stressed is accepted, even celebrated. Elon Musk, the famous CEO of Tesla, idealizes 120-hour work weeks. Japanese companies are celebrated for their excellence while a brutal culture of overwork is accepted. Karoshi is a well-known word in Japanese for ‘death due to stress’.

Now, this isn’t entirely your fault. All throughout your childhood and your training, you’ve worked hard. You worked hard to get good grades. You worked hard to get into the best universities and into the best programs. You’ve worked hard to prove that you’re technically the best there is. And now, this may feel like one more time to “work hard”.

Imagine if you went to a foreign country, and lived there for some time - wouldn’t you accept, learn and practice some of their cultural practices - food, clothing, language, social greetings, etc? The same forces are at play here; while you worked hard, you also worked smarter many of the times! The help you got from your friends, the shortcuts you found to ace the tests & write great papers and the help you had from your teachers and mentors all were part of your growth. And now suddenly, you’ve forgotten to put those same kinds of tools to use.

The second trend is about your **work culture**. Most of you have inherited positions from others. You’ve accepted whatever came with it- the office, the staff, the schedule, the long hours, the meetings - “that’s just the way it is”. In fact, some of you thought that it was necessary to do all of this to be a leader, or at least look like a leader. Similar to when you were in college, you were told when to show up for what class. And then when you were an employee, you were told what shifts to work. You are working in the same mode now. As if you were a train and told to ride this track and then another and another.

The third and final major cause of causing us to believe "that's just the way it is" is the **learning culture** in Leadership. The Leadership Development industry itself, is part of the problem. We have had fifty years of the Leadership Development industry introducing new fads and terminology and solutions every few months, with leaders and organizations chasing them in seminars and trainings. However, we don't realize that none of this has changed our work culture one bit.

For example, the employee engagement numbers have not changed in the last fifty years. Think about how far medicine has come in the last 50 years! You work in the healthcare field where evidence is the highest form of a guide, but when it comes to taking care of yourself, and your career, and your life, you start chasing trends hoping that it will be the thing to make a difference.

And this brings us to the most important reason people are not able to break free from stress - your bonus number two.

BONUS NUMBER 2

The Number 1 Reason you're not able to Break Free from Stress

Let's get down to the most personal and deep reason why people don't take care of their stress and themselves. Most people are aware of two effects of stress- fight or flight. I'm sure you've heard this many times. But did you ever wonder why your life never feels like fight or flight? Or sometimes there seems to be a lot of fighting and "fighting" going on, but you don't seem to be getting anywhere?

It's because stress has a third effect too.

Drum roll

Freeze.

Most people feel frozen due to stress.

On the surface there is a lot of work going on, but the leader isn't moving in their inner or their outer journey - they're FROZEN.

Not thinking if and how to change - Frozen.

Not thinking of why to change - Frozen.

Even if someone offers to help, not sure of your own ability to change - Frozen.

If you try things and things and they don't go as well as planned (as happens a lot of the time), you give up & hunker down even more - Frozen.

The freeze is deep inside where your core-self has been in siege due to stress. Famous coach Tony Robbins describes it as the "no man's land of the human soul".

This is where your core-self is stunted; your goals and visions aren't able to develop. Imagine the time organizations spend talking about mission, vision and values - while your own deep core, your deep purpose, your strengths and your visions don't get a chance to breathe. They don't see the light of day and life goes on.

LET'S GO DEEP

This is a very different kind of thinking & doing process - the goal is not "massive action" or have a "vision", like you have heard in other seminars or read in books. These books and seminars ignore the fact that you can't sustain action if it isn't coming from your core. You can't even *create* a strong vision if it is not coming from your core. And if you're buried under a culture of stress, no matter how strong your inner core may feel, the culture has a way of crushing your ability to create a strong vision. Actions and vision out of alignment with your core-self will not take you anywhere. That's why most people fail in their new year resolutions - a superficial wish or a pipe dream disconnected from who you are. By the way, January 12th is when almost all new year resolutions are given up on.

That's why engaging your core-self is not just to eliminate stress, but to let it grow and let you grow with it!

Once you use this simple structured method of doing things you'll eliminate stress and you'll have more time, but that's just the beginning. You'll work on living your purpose, your calling, driven by the force of your core strength.

And, you will have tactical capacity to execute current plans at work, make new plans for your career and carry them out too - earning more money will just be a matter of formality.

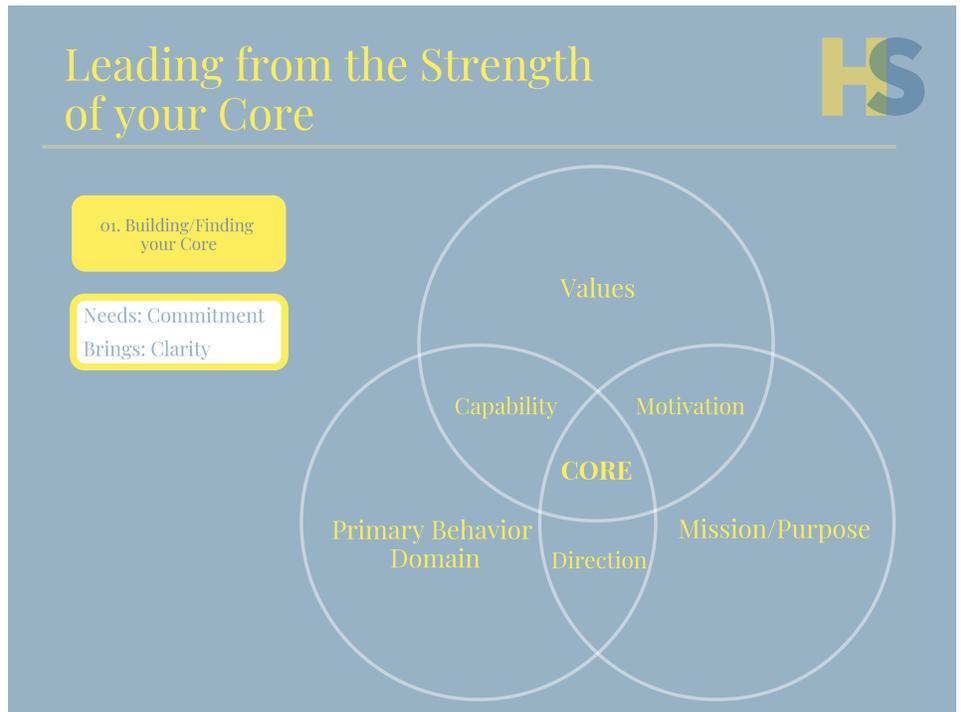
This is a whole other way of being, where you know your strengths, and how to put them to use to serve you so action feels easy. Life feels like riding a ball downhill as opposed to pushing a boulder uphill. You'll do things that are in alignment with your values so they'll be serving a higher moral purpose, your mission in life. Serving your calling and your vocation.

The practical part of your core is made up of many things but the most important three are your values, your strengths that come from your primary behavior domain, and your mission & purpose in life.

Using all three together is the powerhouse of finding your capability in life, finding a sense of direction and motivation that never dies. Working to build your core and using it to create your vision in life brings clarity to guide your actions and behavior for the long term. This is where you turn things upside down. Using your core makes you see things differently.

Time management is not the end - time management is the tool to achieve what you want - your irresistible vision.

Stress reduction is not a goal - stress reduction is the tool to let you grow inside, to carry you far in your inner journey as a leader.



Meeting KPI's is not just the goal - creating a system to crush KPI's becomes the goal, (becoming a master to not only crush them, but be able to teach, train, and coach others how to do it)

Instead of just maintaining status quo - you move upward.

You are proactive, not just at the mercy of politics in the workplace - mastering political landscapes becomes an essential part of life.

Quick tips and techniques are not sufficient anymore - you play this whole thing like a long game, to master it.

You don't live somebody else's plan, goals or vision - you have your own plans, goals and visions.

And finally there is another corollary to this.

When you take care of yourself, your stress and your overwhelm, on the surface, it look like a very selfish thing to do. But you will not only serve yourself and your career - your retirement war chest, your team, your employees and your organization will thank you. You will create systems of excellence, and become almost irreplaceable. A recession-proof career. A career you will tell your children and their children (or nephews and nieces, or young employees) about so they will look up to you, and want to be like you. Something that looks so selfish on the surface, has a long lasting impact on you, your organization, and the upcoming generations.

So, how do you accomplish all of this? Read on as I explain in Bonus number 3.

BONUS NUMBER 3

How two basic laws of economics, if applied well, let you eliminate stress, crush performance indicators, advance your career, and create a path to earning more money!
(Warning: A bit curmudgeonly)

How can two basic laws of economics help you accomplish all of the above and also form the basis of how our structured system works to help you? Let me explain.

The two Basic laws of Economics - The law of diminishing returns and the rule of diversification are two well-known economic principles that apply to almost all parts of life. And they go hand-in-hand.

First - The law of diminishing returns, or the "80/20 Rule"

The Law of Diminishing Returns (anticipated by Anne Robert Jacques Turgot and implied by Thomas Malthus in 1798) states that increasing one variable of an equation while keeping the rest of the variables constant will eventually yield a result opposite the intended purpose of the variable change. In other words, sometimes you can push an idea too far.

Coming from technical or clinical backgrounds, many executives don't realize that even mediocre performance, as long as accompanied by a strong power base, goes far in the leadership world. Now, I'm not advocating mediocrity - but prudent application of more than one modus operandi of success.

The same goes for how some executives become degree collectors, MBA, PhD, certifications etc. This usually has an echo from their past where being professionally trained and having a license was automatically a ticket to success. (Go for this when you have the time and money to spare, or use a degree or certification tactically because many a time, it may not matter as much as you think).

In reality, smaller efforts in other things may yield bigger fruit. The 80/20 rule applies here as it does in most things. The Pareto Principle as it's also known states that you get 80 percent of the return from 20 percent of the effort. In other words, to be a 100% success in one thing takes five times more effort than being an 80 percent success. Scary, huh? This also means that it takes as much effort to be an 80 percent success in five different things as it does to be a 100% success in one thing. And that's where the magic (and the money) lies - getting to 80 percent in a number of different parts of your work and life. Instead of nailing one thing, you have to nail a few things, and even 20% effort in many of them would bear fruit over time more bountiful than mastering one thing.

For leaders, this means that it's a mistake to go for 90 percent or 100 percent success by staying focused on only one marker of success (for most leaders, usually a KPI). In reality, leadership involves many more opportunities for success. Most commonly ignored is the trifecta of Power, Influence, & Networking - crudely defined as relationship value or currency you have with people below you, above you, and at your grade respectively.

Second - The rule of Diversification

Diversification is the golden rule of investment. In 1952 Dr. Harold Markowitz wrote his groundbreaking paper which launched modern portfolio theory and eventually ended up winning him the Nobel Prize for Economics. As he said “my work has been to use formal math to work out how we should diversify our investment portfolios to get the maximum return at any given point of uncertainty or risk.” He is definitely someone whose work still forms the basis of leading investment managers' diversification strategies. What exactly is diversification? It simply means: don't put all your eggs in one basket! How does this apply to your career and life?

You need to have more than one support structure, many power initiatives and several career enhancement methods in place. Use a mix of all and enjoy the ride.

This means that you need more than one high-yield strategy to be more successful...faster. So how do you go about creating these high-yield strategies without spreading yourself too thin?

That's where it's not what you do in one day that matters, it's what you do repeatedly over and over that makes all the difference. And it's not the difference of doing 50 or 100 things, or finding out the latest and the greatest tips or tricks. It's just a matter of doing 3-5 things differently over long periods of time. Like a really long boring period of time - and the results speak for themselves. The 3-5 things may change every quarter or every year, but no more than 3-5 high-yield strategies, with clear goals and relentless focus.

And what are these 3-5 strategies?

How do you decide what will work and what will not?

It's not so mysterious once you think about this next question:

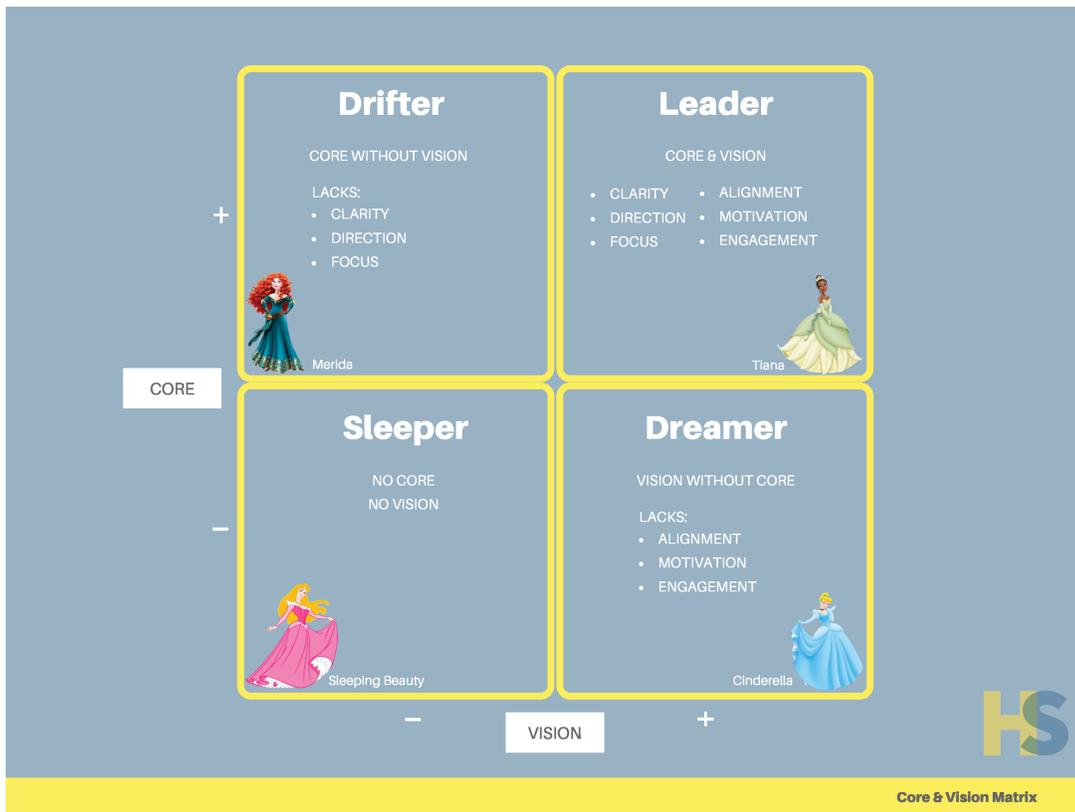
What will keep you coming up with and applying these 3-5 strategies for such long periods of time- without giving up, without getting bored, or tired?

Listening to motivational lectures? Well, we all know how long that motivation lasts, especially if you don't have a vision.

How about more money? It can work, but only for a short period of time. We don't even have long careers in one place anymore.

The only answer to this mystery is that you have to find your own strong reasons that come from the strength of your core, your own deep self that has to be explored, understood, and applied. Do you remember how people pursue their love interest? What keeps them going? Even allows them to try new things? Risky things? I know what you're thinking - “oh, it's the hormones”. However, is it possible that inside you the same intense forces exist that if applied properly and with discipline, can give you the same kind of motivation, same vigor to pursue your goals, and yield results?

Let's take a look at the matrix on the next page -



Like we discussed earlier, your core-self is made up of many things but without engaging it you'll never have a strong vision that will compel you to action long-term. You'll dream like Cinderella waiting for good things to happen - without motivation or engagement. The converse is also true - the leaders with strong core but without an irresistible vision will suffer from lack of direction, clarity, and focus, and drift along with somebody else's vision. Imagine if Luke Skywalker, in Star Wars, had pursued his original vision of joining the Imperial Academy and becoming a Fighter Pilot, even the best Fighter Pilot in his class - would there be any story there? It's only when he realizes his core-self, that a much grander purpose of his story unfolds.

That's why you need both - Core and Vision.

I like to think of this step as **Step Zero** that is usually missed in most coaching programs. Most Coaching programs start with a list of problems, sometimes a personality assessment, and then ask you to come up with your vision without fully understanding your core. The coaching remains superficial, and yields short-term results at best.

I created this program after years of work with Physicians and a lot of learning with many coaching teachers and systems. One thing that used to surprise me in my coaching was how many of the people had such stunted visions, such low confidence, and it wasn't until we figured out how to engage them at their core-self that they made significant long-term changes. Whenever it would happen, it would feel as if something deep inside them was unshackled and set free. As if they were released from the burden of their own self-limiting beliefs, free from chasing one shiny thing after another, as if they had given themselves permission to unleash themselves.

That is why we call our methodology...

YOUR LEADERSHIP UNLEASHED

S.P.I.C.E. up your performance and career with relentless focus on high yield strategies!

Harjot helps Healthcare Leaders attain performance and a career full of S.P.I.C.E. – Stress elimination, crushing Performance Indicators, Career advancement, & creating a path to Earn more money.

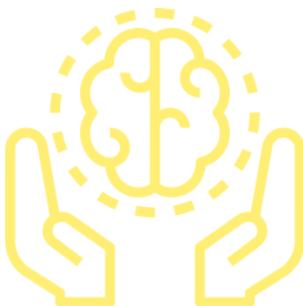
Using a simple & structured process leaders master how to systematically eliminate stress & overwhelm to create time & energy, engage their teams, and build a strong powerbase - accelerating their success to be the leaders they want to be.

Why Coach?

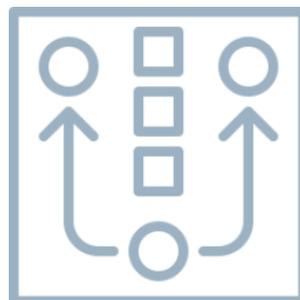
Simple reason - the old way of arriving at your position and then sticking there for the rest of your career doesn't work anymore. With the old way, you could survive without changing or learning things. In the new world we live in, you need an athlete-like mindset of continuous improvement. We are never perfect but always striving toward it by actively becoming our own agent of creation. Think of this as an investment in yourself that will pay off over your life and career.

How does this work?

There are 3 Steps to this Process...



Discover Your Core



Build your Vision



Unleash

Step 1 - Discovering Your Core

My structured 3 part Core discovery process creates the foundation that is missed in most coaching programs. I think of this as 'Step Zero'. It helps create the vision that is in alignment with your core

Step 2 - Building Your Irresistible Vision

Not just a wish or a dream or what "I don't want" - instead, what you really really do want that flows from your why. Unless the vision is irresistible, you won't chase it. And it won't be irresistible unless it is in alignment with your core. Most of all, the goals have to be measurable so you can see progress that itself powers the motivation.

Step 3 - Unleash

Powered by your core and your vision - you'll have relentless focus on strategies to drive your performance and career. You'll know which 3-5 strategies to pick and pursue because they are powered by your core and vision.

Harjot helps you also ditch any vague or open ended approaches to help you focus on clear & measurable goals.

In reality, you always have three resources at your disposal- Time, Money and People. At regular intervals (usually once a quarter) you'll design and deploy your plan based on these strategies to have a performance and career full of S.P.I.C.E. – Stress elimination, crushing Performance Indicators, Career advancement, & creating a path to Earn more money.

If you are committed to bringing this kind of clarity and results to your life and career, Harjot Singh, M.D. would love to work with you. Unlike other advisors, he will terminate his work with you and return your money if you are not making progress within the first 60 days.

Harjot has been coaching High Performing Professionals since 2016. Due to the process being highly individualized, he takes on a limited number of coaching clients each quarter. The first call is free.

To schedule a call, or just get in touch, email Harjot at:

harjot@harjotsinghmd.com
www.harjotsinghmd.com

Mind you, this inner journey is a journey of courage, and growth, and inspiration. Don't let your best self die within you.

As you realize by now, stress is burning serious holes in your pocket, aside from ruining your health, happiness, and career. But there is a lot you can do about it. At your level, you can't wait another year, or a quarter or a month to get rid of your stress. I hope you have learned enough, and are fired up enough to do something about it.

“IF YOU ALWAYS PUT LIMITS ON EVERYTHING YOU DO, PHYSICAL OR ANYTHING ELSE, IT WILL SPREAD INTO YOUR WORK AND YOUR LIFE. THERE ARE NO LIMITS. THERE ARE ONLY PLATEAUS, AND YOU MUST NOT STAY THERE, YOU MUST GO BEYOND THEM.”

Bruce Lee