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THE SCIENCE OF THE  
**SUPERHIGH**  
PERFORMANCE  
**FORMULA**

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SIMON LOVELL

## *The Science Of Getting Results To Stick*

Something brought you here today. Is it because...

You feel stuck?

You want to get to the next level?

You want to perform at your best?

You know that you're capable of so much more?

Is it because you're struggling in your business?

Is it because you haven't been making the money you'd like to make?

Is it because your **relationships** with your employees, your business partners, your partner, your family members, or even old connections in life, are **unhealthy**, or **lacking communication and understanding**?

I **understand**. And I can **help** you have the **breakthroughs** you need to propel yourself forward in all areas of life.

You may be thinking, "I've tried everything out there", or "Things work for a little while, but there's always a drop-off". Well, let me show you how this program is **different** from all the rest, and I have the science to back it up.

Keep reading to learn how The Super High Performance Formula will **rewire** your brain, **change** your behaviors, and create a **profound** and lasting **impact** on how you live life, and the **success** you achieve.



# THE SCIENCE



## 6-WEEK MEDITATION PHASING SYSTEM

- ✓ Your brain adapts to new habits – starting with 10 minutes and gradually building allows your brain to **adapt** and **create new neural pathways** that support this habit, making it feel easier and more natural as you increase your meditation time throughout the program.
- ✓ Reinforcing daily habits – by meditating daily, this reinforces the new neural pathways and **strengthens the neural networks** in your brain so that you’ll be more **focused** and more **productive** in your daily life.
- ✓ If you don’t use it, you lose it – the brain has neuroplasticity, which means it can change and adapt all the time. This is good in the creation of positive habits and neural pathways, but they must be maintained or else they can also disappear! This is why **daily meditation is a MUST** in the accountability portion of the program!
- ✓ Increasing the duration of meditation throughout the program also serves to challenge your brain to make those connections stronger, just like working out in the gym. First you have to start exercising, but over time you have to **increase the intensity** if you want to continue to see and feel **better results**.

By this point, you will feel your whole personality to have changed. You will, at the same time, feel more **concentrated** in your daily schedules and you will **not be irritated** on small and petty things anymore. You will be **happier** and **positive**, and the people around you will sense this in your **energy flow**. This will **attract** more opportunities both in the workplace, and also in the relationship domain. All the benefits will manifest themselves in your daily life in everything that you do, as you will actually be a whole **new person** after being consistent with this meditation formula. You will learn to be more focused and develop habits that put you in **control** of your own health and prosperity.



## **REWIRING WITH DAILY TRACKER SYSTEM & ACCOUNTABILITY**

- ✓ Consistency creates lasting habits – the daily tracker form is an external discipline tool to support the repetition and consistency needed to cement the new habits. The tracker is a guiding hand, keeping you alert, on track, and honest with yourself.
- ✓ Sometimes it is hard for individuals to self-monitor and cultivate a consistent daily routine. So, a daily tracker is very useful as a regulator which is **training our brain to discipline itself**. The tracker is the little push, an external stimulus, to activate our **intrinsic motivation**.
- ✓ Cultivating a **daily accomplishment** builds **confidence** – completing your tracker form each day will create a sense of accomplishment, providing a dopamine hit for your brain, increasing your confidence over time and **helping you fight the self-doubt** that you have falsely created about yourself.

By using the daily tracker system, you will be able to feel that you take matters into your **own hands**, build confidence, and get motivated, which will give you a total boost in your focus and get you and your company/ideas/investments/goals to the next level. It is the “push” you always felt **deep down** that you needed. Eventually you will **correlate** the logging with a personal development reward, and you will learn to like it.



## **OUR UNIQUE 4-STAGE LOCKING SYSTEM THAT CHANGES YOUR BEHAVIOR**

- ✓ We've talked a lot about reinforcement and external discipline tools. The locking system works with both by using the power of consequence, a **potential punishment**, as a tool for **reinforcement**.
- ✓ Some people need negative reinforcement in order to wake up and get on the straight road again, because they **sometimes cannot fix** their own life and their strategies so far have **failed**. With this shock, they realize that it is **now or never**. Now is the chance to get your act together and pursue the success you crave.
- ✓ **Fear** of a **consequence** activates the amygdala (emotion regulation) and pre-frontal cortex (discipline) of the brain.
- ✓ The two types of punishment – a regular lock and a superlock – act as stages on a continuum that repeat, and therefore reinforce, the sequence of a consequence, an emotional reaction, a new awareness to avoid the consequence etc., with the superlock being a **last chance**.
- ✓ By avoiding the consequence, you are also simultaneously rewarding and reinforcing your new positive neural pathways (**consistent, disciplined action**) with a hit of dopamine, with each daily accomplishment.

To sum it up, from a neuroscientific point of view, discipline, accountability, and consistency are critical for the brain's optimum function. With these critical factors in play, only then will you be able to capitalize on all of the brain's capabilities so that you can rebuild yourself in order to **enhance your self-awareness / improve your focus/ minimize distraction / improve your creativity / and reduce your stress**. All of these skills will eventually add up to a more successful relationship with yourself, with your loved ones, and with your business, and you will transform into a happy and successful SUPER HIGH PERFORMING human being.

**Are you ready to change your life?**

**CLICK HERE**



**SUPERHIGH  
PERFORMANCE  
FORMULA**

**RESULTS**

**SIMON  
LOVELL**

# ONLINE BUSINESS COACH HITS \$60K PER MONTH BY SHIFTING HIS **SELF-DISCIPLINE**



MY NAME IS **JAKE KAUFFMAN**,  
I'M A PERSONAL TRANSFORMATION  
COACH AND ONLINE BUSINESS MENTOR TO  
ONLINE COACHES AND ENTREPRENEURS.



Over the past 6 – 8 weeks, being in the Super High Performance Formula, my business, my professional life, my personal life have never been better.

In fact, May, 2020, was my best month in business to this date, with almost \$60,000 contracted for my online business.

My relationships with my family have never been better because of the conversations that I've had over the course of the last several weeks. And in fact, my health, my personal health, both mentally, emotionally, spiritually, physically has never been better.

I prioritize my health, in a way that I haven't in months, if not years. I can confidently say that my energy, my overall performance in life, my discipline, my consistency, my commitment to both myself, my personal relationships, in and my professional relationships, has never been better.

I couldn't recommend this program and working with Simon in the Super High Performance Formula, more highly.

It's been an incredible experience, one that will absolutely push you outside of your comfort zone and grow you in ways that you can only begin to imagine.

Run, don't walk!

**IN FACT, MAY, 2020, WAS MY BEST MONTH IN BUSINESS TO THIS DATE, WITH ALMOST \$60,000 CONTRACTED FOR MY ONLINE BUSINESS.**

If you're a leader, a CEO or an entrepreneur and you want to achieve amazing results and emotional intelligence, you can apply for my 6 week 1-1 intensive here or check out the Super High Performance Formula.

# THIS SPIRITUAL COACH GOT HER **LIFE & BUSINESS BACK ON TRACK** PIECE BY PIECE



**CANDICE HOZZA**  
HELPS HIGH PERFORMING ENTREPRENEURS TO RELEASE THE BLOCKS THAT HOLD THEM BACK FROM LIFE, BUSINESS AND PROSPERITY.



Here's what she had to say about her experience...

During the pandemic I stepped into this quest, into this journey at such a pivotal time in my own personal life.

I'm super grateful for this opportunity to share where I was - I was in a lot of pain physically and emotionally.

I discovered that I wasn't in alignment with my relationship with my husband, because our values were different. This wasn't a new insight, but what was new, was I chose to be and to live in the space of my heart.

As I started settling into my heart through meditation, through journaling, through really going deep, I played full out, and I chose that.

I feel like right now in my life I'm in act three, which Jane Fonda says for a woman at my age is the final act. Not that I can't continue to contribute but it's the most important stage of my life because it's a stage where I think I can contribute the most, which is one of my high values.

The challenge was when I started this, I wasn't living from a space in my heart for me. I would share my heart with others, but I wasn't sharing it necessarily with me.

What opened up for me with my deeper meditation practice was just connecting, just settling into me even more deeply.

What this helped me to do was kind of pull apart my life in a good way to examine it, piece by piece, moment by moment, the tiny little segments. As I started to pull my life apart, I realized that I really do want to share my heart with somebody when the time is right.

But first I need to make some decisions about where I'm at in a current relationship that doesn't have aligned values. I still have a hard conversation to have.

The next thing that I discovered is by just planning a little bit in my business and in my life, I have some new compelling things to look forward to.

First, I want to go to Bali, Indonesia, in March, April, and May of 2021. I'm doing it for me for a spiritual journey inward. I've raised my children

and I'm really grateful. I wanted to give myself something as a reward, because my son is 19 and just finished with this first year of college. My game plan has always been for the second year of his college to go on a journey for me - that desire awakened more deeply in this journey.

The big thing for me is wanting to share my heart with somebody as I share my heart with myself first. I was too willing in life to share my heart with others, but I wasn't looking inside myself to see what I wanted.

I want a relationship where I have a special name; that I'm loved and nurtured and then I could give loving and nurturance to somebody else with aligned values, who has done some work on themselves too.

**AS I STARTED SETTLING INTO MY HEART THROUGH MEDITATION, THROUGH JOURNALING, THROUGH REALLY GOING DEEP, I PLAYED FULL OUT, AND I CHOSE THAT.**

I'm grateful to Simon, and to the quest family because they helped through all the tears and all the pain.

There was a lot of laughter and joy too. I'm grateful that I was able to be on this journey and on this quest, and now I have a new journey into my heart.

That's my responsibility as I trust myself and align was my new life. And my new business that also shifted. I was working way too hard.

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# THE ATHLETIC PERFORMANCE COACH FINALLY **LET GO OF RESENTMENTS WITH HIS PARENTS**



**MARK SHIMMIN** IS A COACH FOR HIGH PERFORMING ATHLETES WHO ARE LOOKING TO IMPROVE AND FIND A BALANCE BETWEEN ATHLETICS AND LIFE.

**H**ere's what he had to say about his experience...

Before I even thought about joining the program I was in this place of uneasiness with myself, with all the different skills and mindsets, and experiences that I've had.

I come from a running coach, sports massage therapist, and body-mind coach background - and I was

thinking, how can I bring all these things I see as separate and bring them together to encompass who I am and provide value to the world?

In this place of confusion, I put something out into the world – what’s my next step, who can help me in this? Simon came along and I started working with him. And through this program, it helped me address the issues of the uneasiness and resentment towards my parents, my challenges with suicidal thoughts, to just not being sure of who I am as a person, what do I value?

From the work in this program, (and let me tell you, this isn’t a program where you’re going to get the cupcake answers). This is a program where you have to show up every single day.

**ONE OF THE BIG THINGS IS THAT I FEEL AT PEACE. I FEEL ALIGNED.**

You need to show up and do the work, and one of the biggest shifts I had was showing up for myself, getting into a better routine with my sleeping pattern, nutrition, meditation; those things right there, big shifts in terms of how I was able to handle the rest of the day going forward.

Now when things come up, or I have to make a pivot, or things come up that aren’t planned that suddenly I have to react to, I don’t freak out.

That’s a big shift for me, along with the shift of not having resentment towards my parents; because for so long, there were a lot of unsaid things between all three of us.

That was just eating me up inside, and now I feel so much closer to my parents than I ever have before.

From there, it’s amazing even just connecting with them now. I’m speechless on what to say just

other than I don’t feel a resentment there, and I don’t even feel uncomfortable to say I love you to my parents – something I never thought was possible before I started working in this program.

I’m feeling at peace with who I am, with who I value, and even going into future relationships, whether it’s on a personal level, or business level working with clients.

I feel more secure of myself of what expectations and standards I hold for myself.

Also, what my intuition says, not only about people, but about what I need to do for myself. The intuition part is super key because intuition is that internal guide. It allows you to cut through the crap, to really tune in to what is actually in alignment.

One of the big things is that I feel at peace. I feel aligned.

Yes, I’m still figuring out my business, I’m still growing, I’m still building. For the first time, I feel at peace about how I’m going to do it, versus oh my goodness I’ve got a lot of ideas, what the hell am I going to do? Now it’s – hey, I’ve got some ideas working in this scope.

This is my area. This is my zone of genius. This is what separates me from anybody else. And that’s the beautiful thing about this program.

If you’re looking to figure out where your zone of genius is, this is a program for you.

Hopefully, you sign up for it, or if not go and find where you’re supposed to be. It’s about following your intuition and being clear on who you are and what you want to do in the world.

If you’re a leader, a CEO or an entrepreneur and you want to achieve amazing results and emotional intelligence, you can apply for my 6 week 1-1 intensive or check out the Super High Performance Formula.

# HOW THIS ENTREPRENEUR FINALLY **STARTED TO DEAL WITH HIS TRUE BLOCKS** TO SUCCESS



HERE'S  
WHAT **ROBERT  
KLASSEN** HE  
HAD TO SAY  
ABOUT HIS  
EXPERIENCE...

**I** just completed Simon Lovell's Super High Performance program, and I want to tell you a little bit about my experience.

When I started my life had just fallen apart. I was effectively homeless, but I felt free for the first time to explore my potential, try new things, and see what would happen.

I'd always wanted to take a chunk of time to go on a retreat or something; take a month to just rebuild my life from square one, and this kind of turned out to be that opportunity.

I signed up for a few different programs, mostly around business development and digital marketing – this was the only one that I completed.

I was still working pretty steadily, and I was worn down, but still feeling optimistic. The blackball experience was an interesting re-exploration of old traumas that had influenced me.

Really exploring that and realizing that it wasn't so much my past traumas that were holding me back as it was my current traumas that I was refusing to deal with.

Well, that really put me into a tailspin, I wound up taking a month off of work, because I was too emotionally overwhelmed.

That was necessary. I think a lot of healing came out of that rather difficult experience.

I also learned that I love to help people grow, but in an organic spontaneous, teachable moment kind of way. Doing that in a structured kind of way with a regular content release as a coach or something like that just doesn't appeal to me.

In the later weeks, he gave us a bunch of leadership actions and I was able to kind of test drive, being that sort of intentional influencer, and I discovered it wasn't for me. I was not expecting that, but that was important to learn. I'm glad I did.

The daily accountability; this is a distance or virtual program and that daily accountability is amazing without feeling really intrusive.

It's very supportive. It helps to get stuff done. There's a reason why I was able to make it to the finish line. That's a big part of it.

Also, the daily meditation practice helped to shift that for me from being an emergency stabilization method to being a necessary daily coping mechanism – it's right up there with my daily cup of coffee!

I realized that my drive to grow was really just spiritualized self-rejection. It was nice to put my life on hold for an extended period of time, and just go all-in on change and work with some really great people to make that happen.

It was something I always wanted to do. Now that I've done it, I realized that maybe that wasn't what I was looking for, but I would have never known if I hadn't gone all-in and tried.

**“ THAT WAS NECESSARY. I THINK A LOT OF HEALING CAME OUT OF THAT RATHER DIFFICULT EXPERIENCE.**

I don't really have a better plan that I'm excited about. I don't really find myself in a better personal or professional situation, at least not yet. However, I'm a lot less concerned about how I think it should be, and a lot more excited and accepting of how it is.

I rediscovered what it feels like to be supported by caring people, and probably that is the biggest impact this program had. I learned things about myself that I hadn't expected to, and I've come a lot closer to accepting them.

I think this is worth it. It definitely changed me in a few key ways.

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# THIS MARKETER DEALT WITH HIS UNHEALTHY BEHAVIORS & **RECLAIMED HIS FOCUS & POWER**



**NOLAN BULGER** IS A DIGITAL MARKETER AND AGENCY OWNER.

**H**ere's what he had to say about his experience...

I just finished Simon's Super High Performance quest, I'm feeling very good. This program has been a really big catalyst for me, and I can't recommend it enough.

**IMAGINE THE GUN THAT GOES OFF AT THE BEGINNING OF A RACE - THAT'S EXACTLY HOW I FEEL ABOUT THE SUPER HIGH PERFORMANCE QUEST.**

Imagine the gun that goes off at the beginning of a race - that's exactly how I feel about the Super High Performance quest.

I think that's a great way to describe it because it's been such a big catalyst for me in terms of my entire direction as an entrepreneur and my personal and spiritual life as well.

There are quite a few reasons why I got into this, but really from the beginning, I was attracted to Simon himself as a leader. His values really resonated with me and I was certain that he was going to be an inspiring leader, and that definitely proved to be true.

In the beginning, I was really feeling overwhelmed, lost, lacking clarity, and I had a lot of unhealthy behaviors that were really getting in the way of my productivity. Some of them I was aware of and other ones I actually wasn't aware of - getting away from that kind of stuff has really helped me.

This program has also helped me clarify my values.

It's helped me change my behavior in a positive way by really developing more habits and routines, like meditation for example, I've become very consistent with and it's helped me tremendously.

The program has actually also improved my relationship with my family. It's helped

me get out of some things that really weren't right for me, things that weren't in line with my goals and really getting in the way of me breaking through and moving forward.

I've established some new beliefs that are really important in helping me achieve my goals and being more productive and successful.

I've had a lot of breakthroughs, but I think most importantly I have a lot more clarity now than I did before about how to get where I want to go, and about where I want to go in general.

My sense of self-awareness has just improved tremendously. I'm very aware now of the things that bring more energy into my day and the things that take energy away, which has become very important for me in terms of being productive on a daily basis and really making sure I'm in line with my goals and my values.

I can't recommend the program enough. It's been very, very helpful for me.

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**I'VE ESTABLISHED SOME NEW BELIEFS THAT ARE REALLY IMPORTANT IN HELPING ME ACHIEVE MY GOALS AND BEING MORE PRODUCTIVE AND SUCCESSFUL.**

THIS SALES PRO HAD A  
**DAMAGED RELATIONSHIP  
WITH HER FATHER.** UNTIL  
THIS MAGIC HAPPENED...



HERE'S WHAT  
**JAIME WILKINSON**  
HAD TO SAY  
ABOUT HER  
EXPERIENCE...

**M**y biggest takeaway by far from working with Simon and doing his program has been re-establishing a new relationship with my dad.

To anybody that knows me that's pretty much a miracle.

At the beginning of the program, I'm quite sure I said I never wanted to see him or speak to him ever again, and I really didn't care if we had a relationship or not. At the time I really meant it.

We've had an extremely tumultuous relationship over the past 20 years. There's been a lot of hurt, anger, sadness and resentment, and all those feelings that I really believe I repressed - especially the anger.

**I WAS AVOIDING THIS WHOLE ASPECT OF THE RELATIONSHIP WITH MY DAD AND THAT I DID VERY MUCH WANT TO CONNECT WITH HIM - I WAS AFRAID TO AND I DIDN'T KNOW HOW.**

I had a lot come up that I didn't know how to deal with in a healthy way. Part of it I think it was that I was really afraid too as well. In uncovering all of this I realized that I was not being true to myself, and I was lying to myself.

I was avoiding this whole aspect of the relationship with my dad and that I did very much want to connect with him - I was afraid to and I didn't know how.

The support of the group and Simon was so amazing. It really helped me to be brave and reconnect with my dad. We've been regularly communicating via text and phone calls for the last couple of months.

The level of depth and understanding in the conversations that we've been having is something neither of us has ever experienced with one another. I didn't even think was possible because of the history that we've had.

I really had to learn a lot of compassion, forgiveness, and understanding.

I think we put our parents on pedestals a lot of the time in having these expectations of who and what and how they're supposed to be, and not understanding that they're also humans, having a human, and life experience - I think that's the hardest for me to come to terms with.

I'm excited about where our relationship is going. I'm really grateful for this program that helped me to see that, and it has helped me to navigate through that and learning about my dad's life in a way that I never thought I would.

Hearing about his childhood and things that he's gone through that I had no idea about - that's helping me to understand a little bit better why he is the way that he is. I'm really grateful and I'm really excited.

To anyone who may have a relationship like this, that you thought was beyond repair or that you didn't want to face, I definitely recommend doing this sort of work to help uncover what might be possible for you.

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THIS AGENCY OWNER  
WENT **FROM A TASMANIAN  
DEVIL** TO NEXT LEVEL  
EFFICIENCY & FOCUS



HERE'S WHAT **AURELIA FLORES**  
HAD TO SAY ABOUT HER  
EXPERIENCE WITH THE SUPER  
HIGH PERFORMANCE FORMULA...



I'm co-owner and co-founder of the Athena Digital, a digital marketing agency. When I started the Super High Performance quest with Simon, it was in the middle of COVID-19 in quarantine.

I have a five-year-old daughter and so in the middle of running my own business, and trying to deal with minie the Tasmanian devil running around the office in the house, I wasn't quite sure how it was going to get through the quest.

**IT FELT LIKE THE RIGHT TIME AND I WAS BEING CALLED TO DO IT SO I SAID YES.**

It felt like the right time and I was being called to do it, so I said yes.

Over the course of the six weeks in the middle of quarantine, in addition to getting really clear about my current values, my current mission, what I'm really good at, and where I want to go, I got more and more efficient with my time and saying no to what didn't make sense and saying yes to what exactly I wanted to do which was super important.

As you might imagine being a business owner and having a lot to do and only getting small chunks of focus time to get to do those things was pretty incredible.

I'm so grateful to Simon for offering this opportunity to not only do the work, do the exercises, and get the outcome, but also for interestingly, making it more possible to spend my time in the ways that were most important to me.

Even when I felt like I needed to do everything, and that just wasn't possible in the middle of quarantine. So, it was an amazing experience. Thank you, Simon.

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**AS YOU MIGHT IMAGINE BEING A BUSINESS OWNER AND HAVING A LOT TO DO AND ONLY GETTING SMALL CHUNKS OF FOCUS TIME TO GET TO DO THOSE THINGS WAS PRETTY INCREDIBLE.**

SHE FINALLY **GOT IN TOUCH**  
**WITH HER EMOTIONS** TO  
HELP TAKE HER COMPANY  
TO THE NEXT LEVEL



**RACHEL THERIOT** IS AN ASSOCIATE  
DIRECTOR OF MARKETING  
EXCELLENCE IN SAN DIEGO, CA.



I'm really excited to share with you a little bit about the Super High Performance quest.

When I started, I was pretty successful. I had a successful corporate career and I was about a year and a half into my own business when I started the quest.

I was spending a lot of time and energy being extremely controlling.

I felt like I had to know it all; before I began, I felt like I had to be very prepared before every single interaction with anybody.

One of the biggest things that the quest gave to me, (and along the journey, I took as much

**I WAS SPENDING A LOT OF TIME AND ENERGY BEING EXTREMELY CONTROLLING.**

time as you possibly could), was all the steps of getting in touch with my emotions, even though I was good at kind of intellectually analyzing emotional intelligence and relating to others.

During the quest, doing the ever-increasing meditation periods and really figuring out how I thought about things and what I valued at a deeper level, was something that was really transformational for me.

I just didn't have to invest as much energy in controlling things. What I didn't realize was how much effort I put into putting out what I thought other people wanted to see, opposed to getting

in touch with what I wanted or needed, and then figuring out ways to frame that that were authentic, and were in integrity with me.

I've had some amazing conversations with my family with my friends; sharing pieces of my story that I've always kept consciously hidden or never even considered sharing before.

The quest helped me share those and they've led to new business opportunities, deeper relationships, and overall just more spontaneity in what I do, both for my personal life and for my business.

It's really been an amazing journey. I'd highly recommend that you take the leap and go on it yourself.

No matter how enlightened and how successful you are there's always more room to grow and the quest can help you get there.

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**I'VE HAD SOME AMAZING CONVERSATIONS WITH MY FAMILY WITH MY FRIENDS; SHARING PIECES OF MY STORY THAT I'VE ALWAYS KEPT CONSCIOUSLY HIDDEN OR NEVER EVEN CONSIDERED SHARING BEFORE.**

# IT ALL CLICKED TOGETHER FOR THIS PHILANTHROPIC LEADER WHO WAS **UNSURE OF HERSELF**



**PENNY COWDEN** HELPS NOT-FOR-PROFIT LEADERS ACHIEVE UNPRECEDENTED PHILANTHROPIC SUCCESS.



ere's what she had to say about her experience...

"I wanted to talk a little bit about the Super High Performance formula and what I got out of it - which was a lot.

I started out feeling very unsure, not confident, not sure about anything to do with my business or myself, and how to move forward. That's what really drove me to participate in the Super High Performance workshops with Simon Lovell.

**I REALLY ENJOYED THAT WORK AND UNDERSTANDING HOW YOUR BELIEFS DRIVE YOUR BEHAVIOR AND YOUR VALUES, AND THAT WAS REALLY IMPORTANT.**

I think indecisiveness felt wrong to me. I've not really ever been an indecisive person, but I noticed through the workshop, especially starting week three with the value shifts and the belief shifts work, that it was starting to take.

I really enjoyed that work and understanding how your beliefs drive your behavior and your values, and that was really important.

The second really important thing for me in Super High Performance was the meditation. I had tried to meditate previ-

ously in my life and it never took, but I think with the workshop, and the modules and the meditation, and understanding the things you tell yourself all clicked together for me.

It was amazing how all of a sudden one day I just felt like, wow okay I get it now!

Working on your timeline, your history, all the modules are really good, and they build together to create an opportunity to understand yourself, what you want, and who you want to be, and become that person.

I would really recommend this workshop for anyone not knowing what to do and where to go, or getting out of the way of yourself.

This workshop helps you get out of your own way.

I recommend it to everyone and those who are taking it now, just keep going, it will be worth it, you will come out a much stronger person than you went in."

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**IT WAS AMAZING HOW ALL OF A SUDDEN ONE DAY I JUST FELT LIKE WOW OKAY I GET IT NOW!**

# LAWYER DARRIN GOES FROM **YELLING AROUND THE HOUSE** TO HAPPINESS



WOW, HOW DO I START TALKING ABOUT HOW SUPER HIGH PERFORMANCE HAS CHANGED ME AND CHANGED MY LIFE?

**I** had been working with Simon for a while before Super High Performance, but I feel like Super High Performance just really kicked it into gear for me. I was still in an angry place and felt ill-equipped in many ways to deal with life's ups and downs.

It's really interesting that today is the day that I'm shooting this video because I'm a lawyer, but I had a lawsuit, where I was the plaintiff against somebody who I felt like had, really done me wrong.

We had a court hearing today on a motion to dismiss and the other side basically cleaned our clocks - it was unexpected and I'm not really that happy about it, but in the past, I would have literally been yelling around my house in the presence of my family, potentially for an hour, maybe hours.

I would have just been ranting and raving and been ill-equipped to deal with this sort of setback. Today, within just a few minutes of its occurrence I was kind of like, well, you know, these things happen and it's not the end of the world, it's not the end of life, it's really not the end of much of anything - just these things happen sometimes. Sometimes things don't go the way that you'd like them to go.

**MY EXPERIENCE IN SUPER HIGH PERFORMANCE WAS REALLY INTERESTING BECAUSE IT STARTED OUT REALLY HARD FOR ME, AND THAT TURNED OUT TO BE REALLY GOOD.**

My experience in Super High Performance was really interesting because it started out really hard for me, and that turned out to be really good.

I went from, with regard to the program itself, from being fairly resentful, and kind of

**I'VE COME A LONG WAY. I FEEL LIKE I'VE LEARNED A LOT OF VALUABLE LESSONS ABOUT MYSELF AND TOOLS TO DEAL WITH STRESS, ANXIETY, DEPRESSION, AND JUST WHEN THINGS DON'T GO MY WAY.**

thought it was silly, to actually fully and finally realizing how much I've changed.

To give you an example, yesterday I was out of sorts; I hadn't slept well the night before and normally I probably would have just powered through that with unknown sort of results.

Yesterday I just went in, I used the tools of meditation, and just meditated, and then I got back up and I felt better. It didn't ruin the whole day. Yesterday still wasn't a great day, but it was a lot better of a day than it would have been with me in the past.

I've come a long way. I feel like I've learned a lot of valuable lessons about myself and tools to deal with stress, anxiety, depression, and just when things don't go my way.

I feel really happy about it and I feel really grateful. Thank you, Simon. Thanks for holding the boundaries with me, thanks for calling me out on my stuff - I couldn't recommend Super High Performance enough.

If you're a leader, a CEO or an entrepreneur and you want to achieve amazing results and emotional intelligence, you can apply for my 6 week 1-1 intensive here or check out the Super High Performance Formula.

# THIS TECH CEO SHIFTED FROM **IMPATIENCE TO** **CONFIDENT LEADERSHIP**



**DEDRICK** IS THE CEO OF SPARKQ WORLDWIDE, A COMPANY SERVING COMPANIES SUCH AS NIKE AND COLUMBIA SPORTSWEAR.

**H**ere's what he said about his journey...

I just completed the Super High-Performance Super High-Performance leadership quest. This quest was right on time for me. When I started, I was beginning to seriously work on positioning marketing and sales for my business.

A lot of that has to do with mindset, o. One of the very largest shifts for me, and it occurred within the first three days, which was surprising because I didn't know what to expect from the quest.

My patience, went sky high. I have three children at vastly different ages, and that presents a challenge. I have two teens, one ready to go off to college, one in high school, and I have a five-year-old; they are all in very different stages of life, and I didn't necessarily have the greatest patience when it came to dealing with the young one.

Right off the bat, I noticed a giant shift.

**A LOT OF THAT HAS TO DO WITH MINDSET. ONE OF THE VERY LARGEST SHIFTS FOR ME AND IT OCCURRED WITHIN THE FIRST THREE DAYS, WHICH WAS SURPRISING BECAUSE I DIDN'T KNOW WHAT TO EXPECT FROM THE QUEST.**

It was really right on time there, with the older ones there was kind of some strain in the relationships and it helped me to reset, center myself, and be able to speak with love. Even though, of course I love them with everything that I have, but to be able to communicate with love communicate with love and the watch them respond differently to that communication.

Even if you only get through, or you're just starting, you can see a major shift, very early on in the process, as I did.

It was really fascinating and awesome. Even to the effect of when my wife pulled me aside,

we talked about it and she was like, it's awesome, it's different and it's super cool. I explained to her more about the group, and how the quest workshow the quest works so she was excited for me to continue.

**RIGHT OFF THE BAT, I NOTICED A GIANT SHIFT.**

If you are on the fence, do it. It is well worth the time and effort. And for holding yourself accountable it's awesome.

Toward the end of the quest I had some really awesome exposures; being able to operate the windows of opportunity, and for taking more leadership actions and being able to share and lead and do that with confidence. Definitely go for it, go all in play all out.

You have to play all out. When you get the breakthrough, it'll be amazing.

And I highly recommend that you do it, you go for it, play all out, and like Nike says 'just do it', but you play to win. I don't ever do anything, where I'm not playing to win. I played a lot of sports as a youngster, and that's the only way I know how to do it, so I would highly recommend it.

Simon is tough, but he's very fair. He's an awesome guy so I highly recommend you doing that going forward and playing to win.

If you're a leader, a CEO or an entrepreneur and you want to achieve amazing results and emotional intelligence, you can apply for my 6 week 1-1 intensive here 6 week 1-1 intensive here or check out the Super High Performance Formula Super High Performance Formula.

# THIS INTERNET MARKETING EXPERT **LET GO OF FEAR** & SCULPTED A NEW LIFE



HERE'S WHAT **SHANTANU** HAS TO  
SAY ABOUT HIS EXPERIENCE...

**I** think of Simon as a sculptor who helped me bit by bit, chip everything away, and create the best version of myself as an entrepreneur, as a human being, an individual who can cherish life, who feels fulfilled. When negative emotions come up, I now have the stability to let them pass through so I can move to the other side of them.

When I met Simon, I was a different person.

I was unhealthy. I was overweight. I was combative. I was full of rage and blame. I honestly can't even imagine who that person was because there was so much trauma, pain, and anguish; he was getting to all that he went through in the past - I speak about him in the third person because I just don't know who that person was anymore because I've come so far along because of working with Simon.

### **WHEN I MET SIMON I WAS A DIFFERENT PERSON.**

I would meet Simon and every time I would climb the next rung of the ladder, and a big breakthrough for me was having him as the leader in holding me accountable, keeping me safe, owning that space for me, and pushing me to become better and better.

I had to go through a lot of pain.

I had to go through a lot of releases to come out on the other side. In that process, Simon was my guide and the sculptor who bit by bit helped me chip away my patterns and the limiting beliefs that were holding me back.

The biggest breakthrough for me was working with him in the Super High Performance program

because that's when all the work we did during that program gave me very big breakthroughs.

I remember one night when I felt intuitive to do one of his meditations. As I was doing it, I just welled up, and I felt years and years of fear and my childhood just come out of me. After that, it's like something shifted in me so deeply that..., I just changed.

### **I HAD TO GO THROUGH A LOT OF PAIN.**

You wouldn't believe it, but my hair was falling out, and now it started growing back! I became so much more powerful. Every step of the way of the Super High Performance experience for me was absolutely phenomenal because it broke down things from what he calls the black balls, and to my limiting beliefs, to my evolution as an entrepreneur.

When I look back at the last year, as I stand today, and I speak with the confidence that I feel inside me with certainty as an entrepreneur, it's only been possible because of Simon.

I'm very, grateful to all Simon has given to me and all the leadership he's shown as a coach.

I absolutely recommend Simon. As an entrepreneur, as someone who needs to heal because they want to serve the world at their highest level, to work with Simon.

If you're a leader, a CEO or an entrepreneur and you want to achieve amazing results and emotional intelligence, you can apply for my 6 week 1-1 intensive here or check out the Super High Performance Formula.

# SHE GOT **THE KICK UP THE ASS SHE NEEDED** TO GET TO THE NEXT LEVEL



**CARRIE** TALKS ABOUT HER EXPERIENCE GOING THROUGH THE SUPER HIGH PERFORMANCE FORMULA...

**I** was blocked.

The first time I talked to Simon two things came out which were, I felt like I had been surviving not thriving. I didn't want to settle for surviving, so I leaned in, and I did the program.

I would say that along the journey - it's a six-week quest but I did it in about nine weeks because I took a vacation during the quest and it took me some time to work my way back to where I had left off. That was a huge learning experience around consistency, why it's important, energy, and and, and also my determination to succeed.

Along the way, I realized that I wasn't just surviving, I actually had been thriving. I'd been thriving my whole life, I just wasn't giving myself credit for it.

**I WASN'T ACKNOWLEDGING MYSELF AND HONORING MYSELF FOR WHAT I HAD DONE IN THE PAST AND HOW IT'S GOT ME TO A PRETTY INCREDIBLE LIFE.**

I wasn't acknowledging myself and honoring myself for what I had done in the past and how it's gotten me to a pretty incredible life.

That said, there were still so many unbelievable shifts around courage. I consider myself a highly courageous person, but this quest pushed even even pushed me to do things that made me pause and got me a little nervous for a second, but I did it anyway.

I had some shifts around pride, around acceptance, and how too much pride and not enough acceptance and surrender were both blocking me and getting in my way.

I had some amazing shifts around younger Carrie, and these incredibly powerful med-

itations of bringing younger, Carrie and her pain and trauma into this Carrie's heart, who can love them both, and as a mom, which they both needed.

And I met some awesome people along the way. The group has just been awesome and inspiring and now I have friends all over the world now because of this program.

Today I feel amazing. I'm proud of myself.

I have tools and ideas, I've got new apps, I've read new books and have new insights and just a lot of "Aa-Ha's" ha's that are going to help me continue to always be in a high performing energetic state.

I love energy, I am a very energetic person, but even I get low energy, and now I know what it looks like what it feels like, and what to do about it, to get that energy back up.

It's been an incredible experience. I am so glad that I did it. It's what I needed at the time, and it is setting me up for what comes next, w. When I am searching for the next coach and the next experience this raises the bar.

**TODAY I FEEL AMAZING. I'M PROUD OF MYSELF.**

Thank you, Simon, for the cheerleading, for your energy, and for helping to support all of us on this path.

If you're a leader, a CEO or an entrepreneur and you want to achieve amazing results and emotional intelligence, you can apply the Super High Performance Formula here.

# THIS ENTREPRENEUR FEELS LIKE HIMSELF AGAIN **AFTER SPIRALING OUT OF CONTROL**



**LIAM BRITTON** IS AN ONLINE ENTREPRENEUR WHO LOST HIMSELF BUT GOT BACK ON TRACK. HERE'S HOW:.

**I** want to share my experience working with Simon Lovell in the Super High Performance Formula program. Before I started working with Simon I was not in a great place. I felt like something was off - I wasn't really stepping into my power as a person or unleashing what I knew I could, and I knew that

I've got such great potential, but there was something holding me back, and I couldn't really put my finger on it.

A couple of years prior to working with Simon, I'd made some really bad, personal, and business decisions, which had spiralled/spiraled me into a bit of a hole.

Over a couple of years, I kind of got myself back a little bit, but I was still playing small in my mind. I went through Simon's program and, there are just so many facets to what he helped me with, but most of it was the internal stuff allowing me to release the stuff that was holding me back.

**A COUPLE OF YEARS PRIOR TO WORKING WITH SIMON, I'D MADE SOME REALLY BAD, PERSONAL, AND BUSINESS DECISIONS, WHICH HAD SPIRALLED ME INTO A BIT OF A HOLE.**

Getting rid of energy and emotions that I've been holding on to, and making me deal with things that I've been putting off. Having conversations, dealing with the stuff from the past, and really kind of unraveling everything.

As I went through the program, I felt my energy, my confidence my focus all really start to come back. I made so many kinds of big decisions, like letting a business go and having powerful conversations with my mum and other members of my family.

It was an amazing experience. I'm now doing something that I'm totally more connected to. I feel so good about it and I feel in a much better place. I think the best way for

me to put it is that I feel more of me again and I'm actually stepping into what I know that I'm capable of.

The fulfilment and the happiness and the joy that I'm having each day is far superior than what I was having before.

Also, just simple things like one thing that Simon gets you to do is get in a powerful morning routine. I've done morning routines in the past, but I hadn't been committed and done it every day, but this program really got me on top of that.

I meditate every day. Now I go to the gym, I, do some learning, I get in my heart. I do all these amazing things in the morning now.

Thank you so much Simon for all your help in the Super High Performance/Performance. It's an amazing program and it's done so much for me.

If you're thinking about working with Simon, I would say to just go and have a chat with him.

After a call, you'll soon see the difference that you can make in your own life. Thank you so much, Simon, you're a great coach.

If you're a leader, a CEO or an entrepreneur and you want to achieve amazing results and emotional intelligence, you can apply for my 6 week 1-1 intensive here or check out the Super High Performance Formula.

**THE FULFILMENT AND THE HAPPINESS AND THE JOY THAT I'M HAVING EACH DAY IS FAR SUPERIOR THAN WHAT I WAS HAVING BEFORE.**

# HOW ALAN WENT **FROM POOR MENTAL HEALTH** TO A LIFE TURNAROUND IN 6 WEEKS



**ALAN  
SALTER** HELPS  
TALENTED  
TRADESMEN  
FIND MORE  
LOCAL WELL-  
PAYING JOBS  
WITHOUT  
TOUCHING A  
COMPUTER!

**T**his is what he had to say about his six-week quest...

I've just reached the end of the quest, with Simon Lovell, and the Super High Performance mindset formula.

I can honestly say it's been one of the most challenging yet rewarding experiences in my self-development journey.

When I started to the quest, I was in a place where I was quite frustrated – I was stuck, I was unhappy, and I was going through the same cycles in life and personal relationships.

I joined the quest when I was in a bit of a place where I wasn't feeling so great. I was rather unhappy, and I was really struggling to try to get a handle on my addictions that have played to me for so many years.

Whilst I've made progress at times, I often slipped back to old habits and never really got a clear and concise plan together, or a system to help me get on top of my overall lifestyle and stay consistent.

One of the biggest things that I've taken away from it is building a firm set of rituals, routines, and being consistent with meditation, with exercise, with mindset, and also with my nutrition.

We're challenged, we're stretched and we're pushed in ways that you may never have even known are possible, but I can assure you, every bit has been worth it.

I've walked away from this quest, a completely changed person. I feel inherently different in every cell in my body. That's for numerous reasons, but ultimately the Super High Performance mindset formula has guided me, and held me accountable, along every step of the way – the group coaching, and the support that comes with this program has been first class.

**I CAN HONESTLY SAY THAT COMING AWAY FROM THIS, MY LIFE HAS TRANSFORMED FOR THE BETTER.**

I wasn't in a great place, to begin with. We had just gone into lockdown in the UK. My mental health was suffering, I was under a lot of stress from work and through finances and everything else that came along with it.

I was resorting to drinking, eating bad food, not exercising, and just generally being not a very happy or nice person to be around a lot of the time – but I wasn't aware of it.

Using this program has given me that kick up the backside that I needed, and a different perspective to how I was playing out and how I was coming across.

It's given me the opportunity to take responsibility for me as a person, my own actions, and how I'm playing across to other people in my day-to-day life.

Essentially, I feel like I've stripped away the ego. I finally got out of my way. I feel a lot more confident, my energy is through the roof – my weight's down, my body fat's down, and overall, I just feel fantastic. Other people have commented on it.

I've been whacking videos out on social media, which is something I've shied away from for a good couple of years. It's probably been a good five years since I've been quite active in social media for one reason or another, mainly due to not wanting to come across and be criticized, and look stupid, and I had a real fear of being judged.

Now, none of that matters. I'm quite happy to whack videos out all day long. I'll get my face on camera, and I don't care if people criticize me. I will stand up to the criticism all day long, because I know for every piece I receive, equally (or if not more) people need to hear the message. Even if it's just a one-person I make a difference to, the videos and the criticism are worth it.

Ultimately, waking up to who I am, and getting back in touch with my higher self and listening to my truth has been one of the biggest driving factors about course-correcting and steering me back into the right path in life.

If you're thinking about doing something to get yourself out where you are currently, this program, and the quest that you will embark upon, is one of the most powerful and transformative self-development courses there is that I know of.

Simon has condensed years of knowledge, expertise, and his own journey into the six-stage program that brings it all together in such a way that it guides you through and challenges you to stretch and grow as a person

I can honestly say that coming away from this, my life has transformed for the better.

# BIZ GROWTH EXPERT HAD A **WEIGHT ON HIS SHOULDERS**, NOW HE'S UNSTOPPABLE



**ROHIT NANDA** HELPS OWNERS OF SMALL & MEDIUM SIZE BUSINESSES TO RECLAIM CONTROL AND EARN MORE MONEY, BY ADAPTING THEIR BEHAVIOURS, OVERCOMING OBSTACLES AND TRANSFORMING THEIR BUSINESS.

**T**his is what he had to say about his six-week quest...

I have just completed the Super High Performance quest.

When I first joined the quest, I had a call with Simon, and there was something that Simon said around wanting to raise my level, particularly around my energies, and that just intrigued me because it wasn't something I'd ever thought about doing,

I work with businesses. I help businesses to grow and it's the kind of thing I would say to someone who runs a business, but not to somebody individually – I was intrigued and I think that's probably what led me to the course and to signing up to do it.

Little did I know how amazing the course has been for me, and how truly transformational.

When I joined, I guess I was just going through the motions, and on reflection, when you look back you know realize how much you were just going through the motions.

The course itself was tough.

I'm not going to lie. Being consistent and committed for six weeks takes a lot of effort and adjusting your life to make time for this, but then, if it wasn't difficult, I wouldn't be making the shifts – it's my belief.

So I did it – meditations, the lot; cold showers etc., but I guess for me the biggest change was when I did something called a black ball, where I uncovered something within my subconscious that I wasn't aware of that was kind of weighing me down. I didn't realize it at the time.

I did a video, I exposed it, we worked on it, and pushing that out there made me lighter as a person. It felt like a weight had been shifted.

I also felt that I was unstoppable, and I guess that was weeks or months ago now from the end of the course. I still have that power – and that's the amazing thing.

I really feel so powerful, so authentic, and so true.

I no longer care what other people think about things, not in a bad way but in a way that actually, this is my truth and this is how I want to be.

I really feel that I've shifted levels. People have observed that, people have been commenting to me that I've changed, but also the stuff that I've been putting out there hasn't necessarily been for anybody other than for myself.

Then there's the element of, if it just affects one person, then it's got to be worth doing.

I've had numerous people come to me on the back of about my videos, which is all out of us as a result of this course.

Today I am a different person. I'm transformed.

**THE COURSE ITSELF WAS TOUGH.**

That's the word I would use about this course and it really has truly transformed me. It's given me some disciplines and some habits that are now ingrained within my day-to-day routine, and I look forward to continuing that.

If you're thinking about this course and if there's something that doesn't feel right to you, do the course, because, something is holding you back energetically. Something is blocking you, and you need to find out what that is. To be honest, I wasn't even aware of this block until I worked with Simon and doing the course.

Good luck if you decide to do it and thanks very much Simon.

If you're a leader, a CEO or an entrepreneur and you want to achieve amazing results and emotional intelligence, you can apply for my 6 week 1-1 intensive here or check out the Super High Performance Formula.

# FUNNEL KING WAS “F\*CK MY LIFE” TO **95% LESS ARGUMENTS WITH HIS WIFE**



**AUSTIN FORD** IS AN INTERNET MARKETING EXPERT AND CHALLENGE FUNNEL KING.

**T**his is what he had to say about his six-week quest...

I have just gone through the Super High Performance Formula with Simon Lovell.

I have to say it's one of the best programs that I have ever been through as far as coaching experiences that I've gone through in the past - I've probably spent over, about \$60,000, in personal development over the past four or five years and this is the number one thing that has literally gotten me to the next level.

When I started this program, I had a lot of previous experiences, bad things that happened to me in my life, and habits that built up over time that caused a tonne of dark energy; really things just holding me back.

I had a lack of integrity for myself, taking care of myself, my surroundings. I had a lack of integrity for other people, and I really just woke up each day feeling like I didn't know where I was going. I didn't have clarity about who I was, where I was heading, what did I want to do with my life? Just really a lack of purpose.

I have to be blunt, like some days I woke up and I was just like, fuck my life, fuck what I've got to do today.

I was not very good. I started spiraling out of control before starting this program, and most of my days were fueled with anger and hate.

I ended up investing in this program and I have to say that I really love the way Simon laid it out.

The program was step by step, and it really just started unwinding everything that had happened in my past, and really getting me to be present with myself and understanding who I am.

It was really cool, he had me make this timeline of my life. The timeline just helped me uncover not just the bad things that had happened and what I needed to handle, but also the good things.

It was just really cool. It was a great experience.

Some of my most favorite things that I did through the program - I discovered my zone of genius-; what gives me energy, what helps me be excited during the day, and I even discovered the things in the tasks that I've been doing in the past that have been draining my energy, and how I could start avoiding those things or getting other people to do those things for me.

I also learned how to get things done or how to get shit done faster.

This transformational velocity process is absolutely amazing. What I thought I could achieve in six months or three months, I'm just pooling it in and doing it in like weeks - that's been a big help.

Ultimately, I just came out of this a better person.

I came out of it being a better coach, a better leader, a better mentor, a better husband.

One of the biggest things for me is my relationship with my wife, and I feel like our arguments have gone down by 95% from where I originally started this program, so that's been a blessing.

**ULTIMATELY, I JUST CAME OUT OF THIS A BETTER PERSON.**

It's an amazing program. If you're thinking about doing it, I highly recommend it, and I just want to say thank you so much to you, Simon for pushing me and putting me through the program to keep me accountable.

Everything was an absolute blast. Again, I have to say, this is the best program I've ever been in for transformation, changing who you are, and becoming someone better than I am.

This new routine that I'm doing every day waking up. I'm gonna going to keep doing it for the rest of my life. Just because it has been a game-changer. Thank you, Simon.

If you're a leader, a CEO or an entrepreneur and you want to achieve amazing results and emotional intelligence, you can apply for my 6 week 1-1 intensive here or check out the Super High Performance Formula.

# FROM ANGER & WORRYING WHAT PEOPLE THOUGHT TO HAPPY & ON PURPOSE



## THIS IS WHAT **RYAN** HAD TO SAY ABOUT HIS SIX-WEEK QUEST...

**I** am very happy that I completed the program; before I started the program I was an angry person.

I had a lot of anxiety. I always worried about what other people thought of me, and I really

didn't have the self-integrity to stand up for myself when , but people pushed me around, picked on me, or bullied me. I had a lot of shame about my past as well.

This program has really helped me overcome certain fears and shame.

It has helped me deal with anger. It's really helped my emotional intelligence and how I handle things. - trust me, I still have a lot of work to do, but it's given me a foundation.

The other thing that has been really good was doing the exercises, and really looking at my values, my beliefs, my belief system, and having the personal integrity to stand up for myself and not be ashamed of my past.

One of the exercises I think was very important was looking at my past; looking at my timeline, and doing the blackball video because one of the things I was constantly fearful of was doing videos, and video content, for my business. Just fears around that and what other people thought – and as Simon said, “it’s just one person you’re worried about.”

Now I’m more confident, I’m actually doing videos for my business, I’ve been doing videos for this program, and I love doing videos. I think my super quantum zone is just producing content and producing videos, and just doing great things like that.

**THIS PROGRAM HAS REALLY HELPED ME OVERCOME CERTAIN FEARS AND SHAME.**

Looking at my values and belief system was important.

Looking at my zone of genius was very important because I really have been struggling in the past. What am I passionate about? What I want to do with my life, what makes me happy, what is low energy, what’s medium energy, and what gives me very high energy?.

And I now know. I have an understanding of what gives me high energy and what I want to do. Now feel like I have a purpose and I have the confidence to do what I want to do.

I’m not afraid of what other people think, I’m not afraid to fail – I believe I’ll be successful.

Now I’m just excited because I feel like I can do anything I want to, there are no limits to what I can do, and I wake up every day with a new sense of purpose and passion and drive.

I’m taking care of myself. Exercise is very important to me. Meditation is very important to me. Learning morning routines and how you get your morning started is very important. If I can’t sleep, I now use the meditation resources that are available to me.

Those are all great things that I didn’t have before, so I wake up with a sense of purpose and I’m happy. I still get angry from time to time of course, and I still have my moments, but I’m learning how to deal with anger.

When I wake up in the morning, I have a sense of happiness.

Today we’re vacationing in Scottsdale, Arizona, and we went to a butterfly garden on Wednesday. I looked around the butterfly garden and it was so peaceful and meditative. That would have not been something I would have done, so I have a complete completely different outlook on life – that I can do anything.

I have a strong belief in myself, my integrity, sticking up for myself, not letting others treat me poorly, and my emotional intelligence.

There’s a lot more I could definitely share. The program has been great. I highly recommended it. The leadership is excellent as well. Do the exercises and you will see a very profound change in yourself.

If you’re a leader, a CEO, or an entrepreneur and you want to achieve amazing results and emotional intelligence, you can apply for my 6 week 1-1 intensive here or check out the Super High Performance Formula.

# SALES PRO DAVE ENDED HIS COSTLY REPEATED PATTERN OF **SELF-SABOTAGE**



THIS IS WHAT **DAVE** HAD TO SAY ABOUT HIS SIX-WEEK QUEST...

**W**ow, working with Simon through the Super High Performance formula has been transformative for me.

It's definitely opened up a lot of new opportunities and has really allowed me to shift my life and to show up with much more presence, much more courage, and much more ability than before I started the program.

When I first started working with Simon I was in a kind of a dark place - I kept running against obstacles that seemed insurmountable and I kept struggling with a repeated pattern of what seemed like self-sabotage, or I would take a step forward, and it seemed like I would be pushed back a couple of steps.

This had happened a number of times through my life and I remember when I first joined, I was a little scared because I could see from what Simon shared, that we were going to go deep. We were going to do some tough work and really dive into parts of my life that I had basically put off and had tried to repress or forget

about. Simon made it very clear that we needed to go there in order to unlock the next level.

I embraced that even though I was a bit scared, and understanding that if we do the same thing and we expect a different result that's insanity. I needed to do something different, so I fully committed myself going into the program.

I discovered the things that were holding me back that I thought were so big and insurmountable, look that way from a certain angle, but the reality is, once you take a certain action, with encouragement, and within a structure, then you can overcome those things. What seems really huge, actually is pretty small in comparison and can't really hold you back.

Through the whole program, I experienced these massive shifts, where I had this deep insight and realization that I was actually holding myself back through thought patterns and beliefs that I had - and if we could just unlock that and get to a deeper level and basically re-program that, then a whole new world of opportunities started to open up for me.

The whole program has been amazing - now, where I'm at is a very different place. Now I've realized that there are other challenges I need to face because that is life.

We never stopped being challenged, but a couple of things have happened. There are new challenges and I'm faced with greater opportunities, and I also have more courage, more insights, more tools, and more abilities to face those challenges than before I started working in the program.

Even though I know there are always going to be upcoming challenges, I now have a strategy, I now have an approach.

I can approach them and lean into them with confidence and certainty, knowing that I'm going to be able to face those even as more challenges come up. It gets me excited because a bigger challenge means a bigger opportunity and huge things are coming.

I already see big shifts in my life and in my business specifically, since working in this program.

If you're on the fence about it, if you are thinking should I do this or not, if you feel something is holding you back and you haven't been able to crack that code and really understand what it is, then I would say that's definitely a good sign that this is for something for you to do.

**I EMBRACED THAT EVEN  
THOUGH I WAS A BIT SCARED.**

If you feel this resonates with you, and you've tried other systems and programs and coaches and nothing has really gotten you to break through to the next level, then chances are, this is going to be a great opportunity for you to finally break through to the next level - to finally start to allow your greatness to shine through, as I have seen.

I'm super excited and I plan to keep implementing everything that I've learned in this program. The learning never stops, the execution never stops.

I'm super looking forward to what's coming next.

I'm super grateful to Simon and to everybody else who is in the program or facilitates. You guys are doing an amazing job and I just want to express my deep gratitude for all the transformations that have happened. Thank you so much.

# HE WAS PROCRASTINATING, BUT NOW COACH MARIO IS TAKING MASSIVE ACTION



THIS IS WHAT **MARIO** HAD TO SAY  
ABOUT HIS SIX-WEEK QUIET WITH THE  
SUPER HIGH PERFORMANCE FORMULA



**W**

oohoo - an amazing process! I'm so pumped. It went by so quickly - thank you, Simon.

I trust the process.

It went by so quickly because I was engaging in everything, and it allowed me to be more in action, share myself, share my truth, and also be vulnerable - so I can be not only authentic, but also find myself deeply that I have a story to share, make an impact in people's lives, and be a great role model for my kids.

“

**I TRUST THE PROCESS.**

“

**I JUST GOTTA SAY, JUST JUMP IN, JUST DO IT.**

It was a great priority for 42 days and I will pursue that momentum forward - I've seen a model with your way of being, your process, your care. It makes so much of a difference.

I just have to say, just jump in, just do it!

Be responsible, be engaged, and commit to the process that will certainly transform your life, your relationship, and your career; any opportunity you have to get better - this program will do that for you.

# **KICK IN THE BUTT** LEADS TO A BETTER MAN, DAD, HUSBAND & BUSINESSMAN



THIS IS WHAT **RUSSELL** HAD TO SAY  
ABOUT HIS SIX-WEEK QUEST IN THE  
SUPER HIGH-PERFORMANCE FORMULA.

**I** just wanted to come on here and share with you why I started this program and where I am today.

I felt like I was really at a ceiling and kind of couldn't get out of my own way. I didn't really know why that was happening and kind of had some ideas, but I felt like I hit a plateau and there was no breaking through it.

I decided to go ahead and take part in this program, and it opened my eyes to some new things that I never in a million years thought that I would ever consider doing or think about.

**THIS PROGRAM HAS BEEN A KICK IN THE BUTT.**

More than anything, it kind of relieved the stress of having to break through this ceiling, and weirdly enough, when I felt like I didn't have to do it anymore, all of a sudden all these good things started to happen.

I've broken through and I continue to just soar to new heights that I didn't know were there and possible for me.

This program has been a kick in the butt.

At the same time, it has made me a better person, a better dad, a better husband, a bet-

**IT'S GONNA TAKE YOU TO NEW PLACES YOU NEVER THOUGHT POSSIBLE.**

ter business person. I've learned to think about things in a totally different manner and really learned to handle my emotions in a different way than I had ever done before in my life.

If you're thinking about going through this program, or you're just starting it, stick with it, do it, pull the trigger, just go ahead and take the leap of faith and just trust that the program works and the process works, and you will come out on the other end of it feeling so much better about yourself and what you're capable of.

It's going to take you to new places you never thought possible.

I couldn't give a better or a higher kudos to Simon than I think I already have. Without him and in this process and the people in the group, I don't know that I would have taken some of the steps that I have taken, and it certainly opened doors that I never thought about going through.

I encourage you all to take the leap and rise up just as I have!

**SUPERHIGH  
PERFORMANCE  
FORMULA**

**ARE YOU READY  
TO CHANGE  
YOUR LIFE?**

**CLICK **HERE**  
TO APPLY NOW**

**SIMON  
LOVELL**

