

ELITE

PERFORMANCE

STRATEGIC GUARDRAIL RESOURCES

The Elite Performer's Guardrail Playbook

Overcoming Performance Traps

ARCHETYPE

MAIN WAY THIS LIMITS ELITE PERFORMANCE

#1 GUARDRAIL STRATEGY

GO HARDER GUY

Constant intensity without recovery lowers performance and leads to burnout.

Plan recovery into your schedule. Elite performers protect their capacity so they can bring peak intensity when it matters most. If you are never fully off, you are never fully on.

MR. NICE GUY

Always putting other people's priorities ahead of your own prevents you from achieving breakthrough results.

Set clear boundaries around priorities first. Elite performers protect their highest-leverage time before taking on other commitments.

SOMETHING TO PROVE GUY

Unintentionally turning simple tasks into something complicated and getting pulled into rabbit holes that waste time and energy.

Work in structured, time-bound blocks that always end with a non-negotiable break. Take a walk, exercise, or eat a meal to create a forcing function that keeps you from slipping into rabbit holes.

Step 1. Identify What Can't Break

List 3-5 areas that must stay intact while you go after your breakthrough (e.g., marriage, health, connection with kids, business quality).

AREA	WHY IT MATTERS

Step 2. Define Maintenance Mode

For each area, decide the minimum effective dose that keeps it healthy.

AREA	MAINTENANCE RULE (MINIMUM EFFECTIVE DOSE)

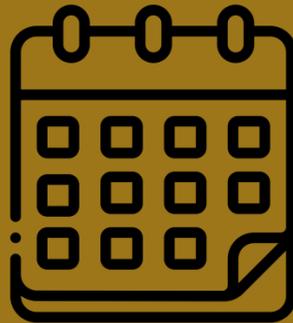
Step 3. Translate into Specific Rules

Write your guardrails as clear, nonnegotiable standards (e.g., 'No leaving bed before 5:30 a.m.').

GUARDRAIL RULE

HOW YOU'LL TRACK IT

**STEP 4. AUTOMATE
IN YOUR CALENDAR**



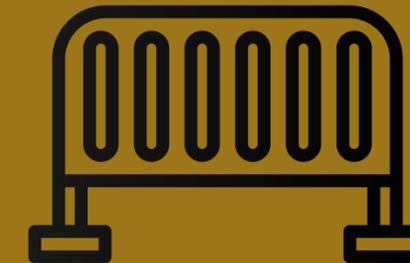
Block recurring events for each guardrail.
Treat them as mission-critical meetings.

**STEP 5.
TEST FOR SIMPLICITY**



Review each guardrail:
Is it Specific, Systematic, and Simple?
If not, simplify.

**STEP 6. USE GUARDRAILS
AS PERMISSION TO GO ALL-IN**



Trust your guardrails.
Once in place, they free you to pursue your
Seasonal Focus with full intensity.