

The Life Performance System

David Luscher

Mastering these seven concepts will provide an unshakeable foundation for success in life, both personal and professional.

This guide will show you the secrets to making big changes in simple steps. You'll learn how to understand what drives you, set powerful goals, and make lasting changes. Let's dive in!

1. The Six Human Needs: What Drives You?

We all have six basic needs that shape how we live and what we want:

- **Certainty:** Feeling safe and secure.
- **Variety:** Enjoying new experiences.
- **Significance:** Feeling important and valued.
- **Connection:** Building strong relationships.
- **Growth:** Learning and improving.
- **Contribution:** Helping others and making a difference.

Exercise: Identify Your Top Needs

Write down which two needs matter most to you right now. Then, ask yourself:

- How are these needs influencing my choices?
- Are they helping me grow, or are they holding me back?

2. The Pain and Pleasure Paradox: What Motivates You?

We're all motivated by two things:

- **Avoiding pain:** Things we don't want to feel or experience.
- **Seeking pleasure:** Things that make us feel good.

Exercise: Flip the Script

Think about one goal you've been putting off. Write down:

- What pain will I face if I don't take action?
- What pleasure will I gain if I do?

3. Values and Beliefs: Your Decision-Making Guide

Your values (what's important to you) and beliefs (what you think is true) shape your choices. Sometimes, these need to be reset to match your goals.

Exercise: Check Your Beliefs

Write down a belief you have about your career. Then ask:

- Is this belief helping me move forward or holding me back?
- What new belief could help me succeed?

4. Identity: Who Do You See in the Mirror?

How you see yourself (your identity) plays a big role in your success. If you see yourself as a leader, you'll act like one. If you doubt yourself, it's harder to move forward.

Exercise: Rewrite Your Identity

Write a sentence that starts with, "I am..." to describe the person you want to become. For example:

- "I am a confident and strategic leader."
- "I am someone who takes action and inspires others."

Say this to yourself every day.

5. Conditioning Lasting Change

To make a change stick, you need to:

- **Raise your standards:** Expect more from yourself.
- **Change your beliefs:** Believe bigger things are possible.
- **Create a compelling reason:** Know why your goal matters.
- **Practice your new habits:** Repeat until they feel natural.

Exercise: Create Your "Why"

Pick one goal and write why it's so important. For example:

- "I want to grow my business to provide a better future for my family."

6. Control Your Focus: Manage Your State

What you focus on determines how you feel and act. Focus on solutions, and you'll feel empowered. Focus on problems, and you may feel stuck.

Exercise: Shift Your Focus

When you're feeling stressed, stop and ask:

- What's one thing I can be grateful for right now?
- What's one small step I can take to improve this situation?

7. The RPM Framework: Break Down Your Goals

RPM stands for:

- **Result:** What do you want to achieve?
- **Purpose:** Why is it important?
- **Massive Action Plan:** What steps will you take?

Exercise: Plan Your Week with RPM

Choose one goal for the week. Write:

- The result you want.
- The purpose behind it.
- Three action steps you'll take to move closer to that result.

Your Next Steps

Congratulations! You now have the tools to:

- Understand your needs.
- Motivate yourself with the right strategies.
- Align your values, beliefs, and identity with your goals.
- Take actionable steps toward lasting change.

Want to explore these strategies further and make them work for you? Let's connect! Visit luschersuccesscoaching.com or email me at David@luschersuccesscoaching.com to schedule a free discovery call.