

# *How To Live Your Best Life*

## 5 STEPS TO BECOME A HIGH-PERFORMANCE HUMAN

EVERY DECISION I MAKE, I ASK MYSELF,  
"WILL THIS HELP ME BE THE PERSON I DESIRE TO BECOME?"



# “HIGH-PERFORMANCE HUMAN.”

In the last 2 years, my entire life has divinely exploded in every way. I have released 60 pounds of accumulated cheese ravioli, Cabernet Sauvignon, lava cake and suppressed feelings. I wake up everyday and go right to the gym or to yoga and relentlessly train for 90 minutes daily. Most of the time I leave the gym smelling like low tide in Boston Harbor, so you know it was a doozy. I meditate twice a day for 20 minutes each session and wake to a feeling of gratitude and a whole lot of life force energy. I have read over 60 books in the last 12 months, taking all the precepts and principles I consumed and implement everything into my daily habits and practices.

My energetic boundaries are fierce and unforgiving. The word “no” rolls off my tongue like melted ricotta filling from the middle of a cannoli from Mike’s Pastry in the North End. I have tripled my income and in the same breath, sold, donated, or gave away at least 75% of my possessions. Just call me the “Little Match Stick Girl.” I am in the end phase of the editing process of my book entitled “Ambitchious” and have the top five new podcasts in the world in self help after only about 20 episodes. My entire home is uncluttered and strategically gridded with crystals. Alright, enough. I am not trying to brag. I am telling you this because you can have all this and more if you follow my lead. I choose on a day by day, hour by hour, minute by minute, second by second basis to be a “high-performance human.” Every decision I make, I ask myself, “Will this help me be the person I desire to become?” You really need to try it. It is liberating af.

If you keep reading I am going to give you tried and true pointers of some of the major things that have helped me during this process. The tips below are just scraping the surface of what it takes to be great, joyful, remembered and to leave a legacy. Do you want to be just worm food or do you want people to remember you years after you shuffle off this mortal coil? I will take the latter, please...

By Katie Boyd  
Photo by KBMFC

# READ

My entire life I hated to read unless it was "Goodnight Moon," or "Teen Magazine," or "Us Weekly." School and learning never really appealed to me. Partly because I am an Aquarian Rebel, have a slight case of ADHD, despise authority figures, and "Of Mice and Men" didn't really do it for me during 7th grade summer reading. Now that I am approaching 40 years old and have been studying the rituals and the habits of highly effective, happy and abundant human beings I have found a string of truth. They all read. I am not just talking about lazily skimming a trashy novel on a beach on Block Island. I am talking a lot of reading. Copious amounts. At least one book a week that pertains to that person's art, craft or focus. Warren Buffet has proclaimed to read a measly 5 hours a day.

Say What?! Bill Gates takes "reading vacations" where he reads an entire book everyday while sitting by the infinity pool. So, last year I took it upon myself to set a record. I was going to read 30 books in 30 days. The rules were the book had to be on a topic of interest to me and had to be under 300 pages long. Guess what? I did it! I even managed to do it while on Christmas vacation in Cuba with friends for a week. I know, reading a book about smart investing while on your fourth rum drink wasn't easy but, oh well. Y.O.L.O.

So many people complain that they do not have the resources to take classes, go back to school to learn new skills, or climb that ladder we call "success" but I call B.S.. If money is an issue I heard there is a new invention called a library. I heard that it is free to take their books home and read them. What a concept?! Why didn't they think about this ages ago? Now, if reading isn't your thing, there are hundreds, even thousands of free resources on the world wide web.



One is called "Youtube," the other is called "Google." There is even this new fangled invention called "Skillshare." The first month is free. Now, I know I am being salty but it is true. You have no excuses to not evolve, grow, learn and become a legend in your chosen field.

# AUTOMATION

“WHAT WOULD TAKE MY  
COMPANY TO THE NEXT LEVEL?”

Automation has changed my life forever, and I would rather die or drink only urine as my beverage of choice for the rest of my days than go back to the way I used to live. Does this sound like a familiar self-dialogue? What am I going to do at the gym today? What the heck am I going to wear today? How should I style my hair today? What should I eat for breakfast today? What do I have to do today? Will I have time to meditate today? What do I feel like eating for lunch today? What time do I have to pick up the kids today? What should I make for dinner tonight? What time should I go to bed tonight? O.M.G.! I am absolutely dizzy from all this thinking.

Now, if you “automate” all of those decisions you will have unlimited time to make the big and truly important decisions in your life. Decisions like, “How can I triple my income?” “Where should we go out on date night this week,?” “What am I grateful for?” “What would take my company to the next level?,” “What obscure French Polynesian Island should we choose this year for our annual family vacation?”

Self-care: this is an often overlooked but extremely important automation. Have you ever heard of the old adage, All work and no play makes Jack a dull boy?” Well, it’s true. If you turn yourself into Rosie the Robot and you don’t schedule on time to get a massage, take an Epsom salt bath, watch a movie, have a glass of wine, or “sexy time” with your partner you will end up freaking out.

Humans are hard wired to have fun and joy and be light. We need leisure time and intimate connections. Not just scratching off items in our “to do” list. When you die, your epitaph should say, “Loving, mother, father, wife , friend, etc.,” not “Here lies Katie. She did a lot of shit on her to do list.”

Now, doesn’t that sound like a life worth living? If the first questions reminded you of similar questions you have been asking yourself for years then you need an automation exorcism!

Here are my top 5 most life-changing automations:

Clothing: This goes for all clothing. Bumming around the house clothes, dressy, work and gym attire. A “capsule wardrobe” is the only way to do this.

Food: plan groceries, supplements, meal prep, order food through delivery service, or sign up for grocery drop off.

Scheduling: your entire day from the moment you wake until the second you pass out at night should be chunked down into time periods. Get a great planner to help you with this. I love my Panda Planner.

Hair and Makeup: don’t try to pull off Vogue’s Fall-Winter Vampy lip or braided Khaleesi Faux Hawk jus because you want to be the Mother of Dragons. Ain’t no one got time for that! Get your makeup and hair down to a science and then stick with that recipe. The end!



# HIGH VIBRATIONAL ENERGY

I cannot stress to you how very crucial this one is. You need to show up, be positive, be optimistic, bring all the good vibes or sit down and shut your Smart Food Hole. People who ooze negative energy are the first ones to complaining about their unappealing lives, yet they need to realize that they are the only ones conjuring this up and keeping it this way. People who are broke both monetarily and emotionally are the first ones telling you what happened on Judge Judy, Maury Povich and the local news. Your energy output is in direct correlation to the life you are either thriving in or existing in.

## Here are 5 Ways to Raise Your Vibrational Frequency

1. Meditate
2. Eat and drink whole foods and alkaline water
3. Participate in Sound Healing
4. Use Mantras and Affirmations
5. Stay off Social Media as much as possible and do not watch the news





# Have Non-Negotiable Practices

As the old saying goes, "If you stand for nothing; you will fall for anything." That being said there has to be repetition with certain aspects of your life. That is what leads to greatness. In the words of the great Jim Rohn; "Success is more than a few simple disciplines practiced everyday." What are yours? Do you even have any? I will give you a short list of mine and maybe it will drum up some creativity.

## Katie's Top 5 Non Negotiable Practices

1. I meditate for 20 minutes twice a day.
2. I eat a diet consisting of Ketogenic foods and practice fasting
3. I drink alcohol only on special occasions
4. I train myself in the gym or yoga 5 days a week
5. If it isn't a "Hell Yes," it is a "Hell No."



# PEER GROUPS

You are the sum of the five people you spend the most time with. Jesus, Mary and Joseph. If your social life is reminiscent of the show “The Jersey Shore” circa 2009 you need to get it together! Think deeply about this. Are these five people helping you evolve, become better or lifting you up? If the answer is “no” then you need a friendship enema.

**Here are 5 Ways to Make Fierce Friendship Boundaries**

- 1. Start making yourself scarce**
- 2. Stop responding to texts and answering phone calls**
- 3. Confront them and tell them your true feelings**
- 4. If that doesn't work get rid of them on social media**
- 5. Fake your death or move to the Hindu Kush**