



PRESENTS

# THE TRANSPORTED MAN PRESENTS: 7-DAY FOCUS TRANSFORMATION

“Went down a rabbit hole and stumbled upon THIS  
gem about mental health...”

Transform Your Executive Performance in Just 7 Days



# INTRODUCTION

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## “MIND-BLOWING REVELATION: YOUR MENTAL HEALTH CAN ACTUALLY IMPROVE WITH THIS...”

Dear High-Achieving Executive,

What if I told you that the next 7 days could completely transform how you work? As someone who's helped UK executives generating £100K+ annually harness their natural strengths, I've discovered a pattern that's too powerful not to share.

The truth is, most high-achievers are using outdated focus techniques that actually work against their natural abilities, especially if they're dealing with ADD/ADHD or anxiety. Through years of working with successful executives, I've uncovered a counter-intuitive approach that's changing everything.

What you're about to discover isn't another time-management system. It's a complete rewiring of how you approach focus and performance. Each day builds upon the last, creating a compound effect that will revolutionize how you work, lead, and succeed.



# DAY 1 - AWARENESS ACTIVATION

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“THIS ONE THING MADE ME RETHINK EVERYTHING I KNEW ABOUT SELF-CARE...”

## Your First Day of Transformation

### Morning Protocol: The Power of Your First 30 Minutes

Your journey begins the moment you open your eyes. Today, we're establishing the foundation that will transform your entire week - and ultimately, your executive performance.

#### The 7-Minute Clarity Ritual:

Find a quiet space where you won't be interrupted. Your phone should be on silent, preferably in another room. This is your time to set the tone for everything that follows.

#### 1. Conscious Breathing (2 minutes)

Sit comfortably and take deep, intentional breaths. This isn't meditation - it's strategic nervous system regulation. Each breath activates your parasympathetic nervous system, preparing your brain for optimal performance.

#### 2. Intention Setting (2 minutes)

Ask yourself: “What's the one thing that would make today extraordinary?” Write it down. This isn't your to-do list - it's your focal point for channeling energy throughout the day.





### 3. Priority Identification (3 minutes)

Map out your three most important tasks. But here's the crucial difference - prioritize them based on energy required, not just importance. This is where most executives get it wrong, and it's why they burn out by mid-afternoon.

#### Focus Baseline Assessment:

**Before diving into your day, take stock of where you're starting:**

- Current energy level (1-10)
- Potential distractions
- Performance blockers

This isn't just data collection - it's creating your personal performance blueprint.

#### Afternoon Implementation:

By now, you're probably noticing something different. Your energy feels more focused, more intentional. This is when we capitalize on that clarity.

#### Execute your first focus block (90 minutes maximum):

- Choose one significant task
- Remove all potential interruptions
- Document any distractions that arise
- Track your success metrics

#### Evening Reset:

**This is where the magic happens for tomorrow. Take 10 minutes to:**

- Celebrate your wins (no matter how small)
- Identify your key challenges
- Prepare your environment for tomorrow's success



# DAY 2 - ENVIRONMENT OPTIMIZATION

“CAN’T STOP THINKING ABOUT WHAT I  
LEARNED ABOUT SELF-CARE TODAY...”

## Creating Your High-Performance Space

### I Morning Protocol: Environment Assessment

#### Step 1: Physical Space Optimization (30 minutes)

Your workspace isn't just a desk - it's your command center. Start by removing everything from your desk. Yes, everything. Now, before returning items, ask yourself: “Does this serve my highest performance?”

#### Create three zones on your desk:

- 1 Primary Zone:** Directly in front of you. Only essential items for your current task.
- 2 Secondary Zone:** Within arm's reach. Items needed occasionally.
- 3 Storage Zone:** Everything else. If you haven't used it in 48 hours, it doesn't belong in your primary workspace.



## Step 2: Digital Environment Cleanup (45 minutes)

Your digital space is as crucial as your physical one. Transform it systematically:

### Email Organization:

- Create three folders: Urgent, This Week, Reference
- Set up automatic filters for non-essential communications
- Establish specific times for email checking

### Notification Management:

- Turn off all non-essential notifications
- Set up “Do Not Disturb” windows
- Create communication protocols for emergencies

### Focus Block Two (90 minutes):

Another deep work session, this time with refined environmental adjustments.

### Evening Reset:

#### Before ending your day:

- 1 Clear your physical workspace completely
- 2 Close all unnecessary digital tabs
- 3 Set up tomorrow’s primary task materials
- 3 Review and celebrate today’s wins

### Desktop Declutter:

- Remove all icons except essential tools
- Create a “Daily Work” folder for current projects
- Set up a clean, calming background

## Afternoon Implementat

### Focus Block One (90 minutes):

Work on your most important task in your optimized environment. Notice how different it feels. Document any friction points.

### Environment Adjustment Period (30 minutes):

- Fine-tune your workspace based on morning experience
- Adjust lighting and temperature
- Test different background sounds

# DAY 3 - TIME MASTERY

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“SO I TRIED THIS ONE THING FOR MY  
MENTAL HEALTH AND WOW...”

## Redefining Your Relationship with Time

### I Morning Protocol: Peak Performance Window Mapping

**Your energy isn't linear, and your schedule shouldn't be either. Start today by tracking your energy levels every hour:**

- 10 -** Peak performance, razor-sharp focus
- 7-9 -** High energy, good for complex tasks
- 4-6 -** Moderate energy, suitable for routine work
- 1-3 -** Low energy, need recovery

#### First Focus Block (8:00 AM - 9:30 AM):

This is your power period. Choose your most challenging task - the one that requires your highest cognitive function. No emails, no phone calls. Just pure, focused execution.

#### Strategic Break (9:30 AM - 10:00 AM):

This isn't downtime - it's strategic recovery. Step away from your desk. Move your body. Hydrate. Your brain is processing the deep work you've just completed.

#### Second Focus Block (10:00 AM - 11:30 AM):

Leverage the momentum from your first session. This block is for high-priority tasks that require strategic thinking.

#### Communication Window (11:30 AM - 12:30 PM):

Batch all your emails, calls, and team interactions. This protects your focus blocks while ensuring responsive communication.



## Afternoon Protocol: Energy-Based Task Allocation

### 1:30 PM - 3:00 PM: Strategic Work Block

- Choose tasks that match your afternoon energy level
- Use the 90/20 rule: 90 minutes of focus, 20 minutes of rest
- Document your energy patterns

### 3:30 PM - 5:00 PM: Integration Period

- Review and refine work from earlier focus blocks
- Handle any remaining communications
- Prepare for tomorrow's peak performance

## Evening Reset Protocol:

**Before ending your day, spend 15 minutes mapping out tomorrow:**

- Schedule tasks according to your energy patterns
- Set up your environment for morning success
- Review and celebrate today's wins



# DAY 4 - DEEP WORK PROTOCOL

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“THIS ONE HABIT TOTALLY CHANGED  
MY OUTLOOK ON WELLNESS...”

## Mastering the Art of Deep Work

### I Morning Preparation (30 minutes):

- 1 Clear your physical workspace completely
- 2 Set up your deep work triggers:
  - Specific music or background sound
  - Dedicated deep work space
  - Physical cues (like a special desk light)

### First Deep Work Session (90 minutes):

Choose one significant project that requires intense focus. No multitasking, no exceptions.

- First 5 minutes: Review your objective
- Next 80 minutes: Complete immersion in the task
- Final 5 minutes: Document progress and insights



### **Recovery Period (30 minutes):**

- Physical movement (preferably outdoors)
- Hydration and light nutrition
- No digital devices

### **Second Deep Work Session (90 minutes):**

- Different project, same intense focus
- Document any resistance or distractions
- Note your peak performance patterns

## **Afternoon Integration:**

### **Review your deep work sessions:**

- What triggered your best focus?
- Where did you face resistance?
- How can you optimize tomorrow?

## **Evening Protocol:**

### **Set up for tomorrow's success:**

- Clear all digital and physical spaces
- Review tomorrow's deep work objectives
- Celebrate today's deep work wins



# DAY 5 - COMMUNICATION OPTIMIZATION

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“CAN’T STOP THINKING ABOUT THE LATEST  
DISCOVERY I MADE FOR SELF-CARE...”

## Transforming Your Communication Patterns

### I Morning Communication Audit:

#### Start by tracking all communication channels:

- Email frequency and patterns
- Meeting schedules and duration
- Instant message interruptions
- Phone calls and timing

### I Implementation Protocol:

#### Email Management System:

- Process emails in three dedicated windows
- Use the 2-minute rule for quick responses
- Create templates for common responses

#### Meeting Optimization:

- Review all recurring meetings
- Set strict start and end times
- Implement walking meetings for 1-on-1s

#### Team Communication Framework:

- Establish urgent vs. non-urgent channels
- Create clear response expectations
- Set up focus time boundaries

#### Evening Integration:

- Review communication patterns
- Optimize tomorrow’s schedule
- Set up auto-responders for focus times

# DAY 6 - ENERGY MANAGEMENT

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“MIND-BLOWING REVELATION: YOUR  
MENTAL HEALTH CAN ACTUALLY  
IMPROVE WITH THIS...”

## Mastering Your Energy Ecosystem

### | Morning Energy Mapping:

**Start with a complete energy  
audit:**

- Sleep quality and patterns
- Nutrition timing and choices
- Physical movement frequency
- Mental energy drains

### | Implementation Protocol:

**Peak Performance Windows:**

- Identify your natural high-energy periods
- Schedule demanding tasks accordingly
- Create energy protection boundaries

**Recovery Systems:**

- Implement micro-breaks (2 minutes every hour)
- Design your ideal lunch break routine
- Create afternoon energy boost protocols

**Evening Energy Reset:**

- Design your perfect wind-down routine
- Set up tomorrow's energy map
- Celebrate your energy wins





# DAY 7 - INTEGRATION & SYSTEMS

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“BUCKLE UP, BECAUSE THIS ONE’S  
A GAME-CHANGER...”

## Bringing It All Together

### Morning Integration Review:

- Document all working protocols
- Identify key success patterns
- Note areas for optimization

### System Creation:

- Design your perfect week template
- Create emergency protocols
- Set up maintenance systems

### Future Planning:

- Map out next week’s focus areas
- Schedule regular system reviews
- Set up success metrics





# TRACKING TOOLS

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“I NEVER EXPECTED THIS TO BE THE  
KEY TO FEELING BETTER...”

## Your Performance Dashboard

### Daily Focus Score Tracker:

- Energy levels throughout the day
- Task completion rates
- Focus block effectiveness

### Weekly Progress Metrics:

- Deep work hours completed
- Energy management success
- System optimization opportunities



# TROUBLESHOOTING GUIDE

## Common Challenges and Solutions:

### Focus Disruption:

- Deep dive into your unique patterns
- Environment reset procedures
- Energy management tactics

### Overwhelm Prevention:

- Task prioritization system
- Energy preservation strategies
- Quick-win protocols



# NEXT STEPS



## Your Transformation Journey Continues

### Book your complimentary “Unstoppable Executive” strategy session (Worth £297)

- Deep dive into your unique patterns
- Create your personalized system
- Design your perfect week

### Access your ADD Mastery Matrix preview

- Connect focus patterns with ADD traits
- Leverage your unique advantages
- Transform challenges into strengths

### Join The Transported Man community

- Connect with like-minded executives
- Share insights and victories
- Access ongoing support

[Book your complimentary strategy session now](#)

***Your journey to unstoppable performance starts now.***