

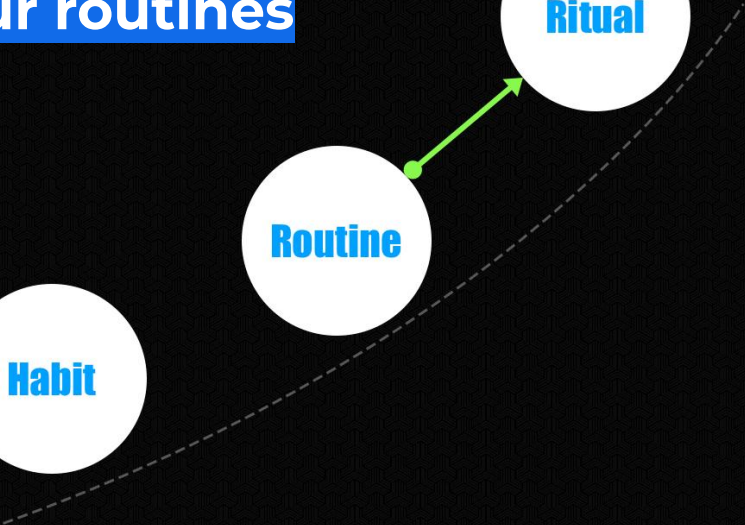


I cracked
the code to
perseverance

and hit a **140** week exercise streak

How you turn your routines into powerful rituals →

**It is about adding
your purpose to
your routines**



Energy

Consciousness

5 sources to find your rituals

Free access in my open Blinkist space



SCAN ME

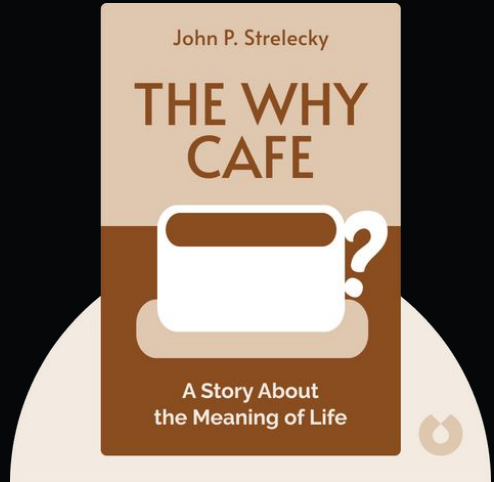


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My Eye opener

The Why Café (2003) is a semi-autobiographical account of one man's search for meaning. When protagonist John stumbles upon a little Café in the middle of nowhere, he's confronted with three existential questions. The other customers guide John on his philosophical journey and help him discover the secrets to living a fulfilled life – teaching us all how to do the same in the process.



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My Longevity purpose

Outlive (2023) is a comprehensive guide to living a longer, healthier, and more fulfilling life. Drawing on cutting-edge science and practical advice, it empowers you to optimize your exercise, nutrition, sleep, and emotional health for maximum longevity.



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Extend your Why

Start With Why (2009) tackles a fundamental question: What makes some organizations and people more innovative, influential, and profitable than others? Based on best-selling author Simon Sinek's hugely influential lecture of the same name, the third most-watched TED talk of all time, these blinks unpack the answer to that conundrum. As Sinek's examples show, it's all about asking why rather than what.

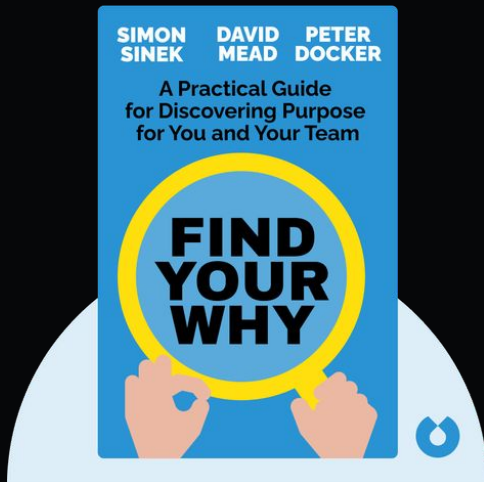


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Detailed exercises

Find Your WHY (2017) offers something that every person and business is looking for: a true purpose. The authors provide strategies and exercises that individuals and teams alike can use to discover their most powerful motivations, and their reasons for getting up in the morning and starting the workday. This is a useful guide if you're searching for the right job, trying to hire the right employees or hoping to gain a better understanding of yourself and the people you live and work with.



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Anchor your Purpose

Freust du dich auf Montage? Oder bekommst du beim Gedanken an den Beginn der Arbeitswoche sofort miese Laune? In unseren Blinks zu *The Big Five for Life* (2009) erfährst du, wie du Jobfrust ein für alle Mal besiegst und Erfüllung im Beruf findest. Und Unternehmer lernen, wie sie ihre Firma so führen, dass die Menschen dort produktiv und motiviert zusammenarbeiten. *The Big Five for Life* ist eine fiktive Geschichte – die allerdings jede Menge wertvolles Wissen für die Realität enthält.





GROW YOUR LEADERSHIP SKILLS

WITH GROUP COACHING BY BLINKIST



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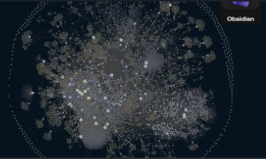


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