



# The Executive Life OS

## The Problem

For many high-performing business leaders, career success comes at the price of imbalance. Lack of personal time, chronic stress and anxiety, burnout and decision fatigue, slow erosion of health, and degraded relationships with spouses, kids, and family friends are among the most cited lifestyle challenges among corporate executives, founders, and owners.

Navigating life without focus on these critical lifestyle KPIs has costly ramifications both in one's personal life and at work, leading to a self-reinforcing cycle of sub-optimal performance.

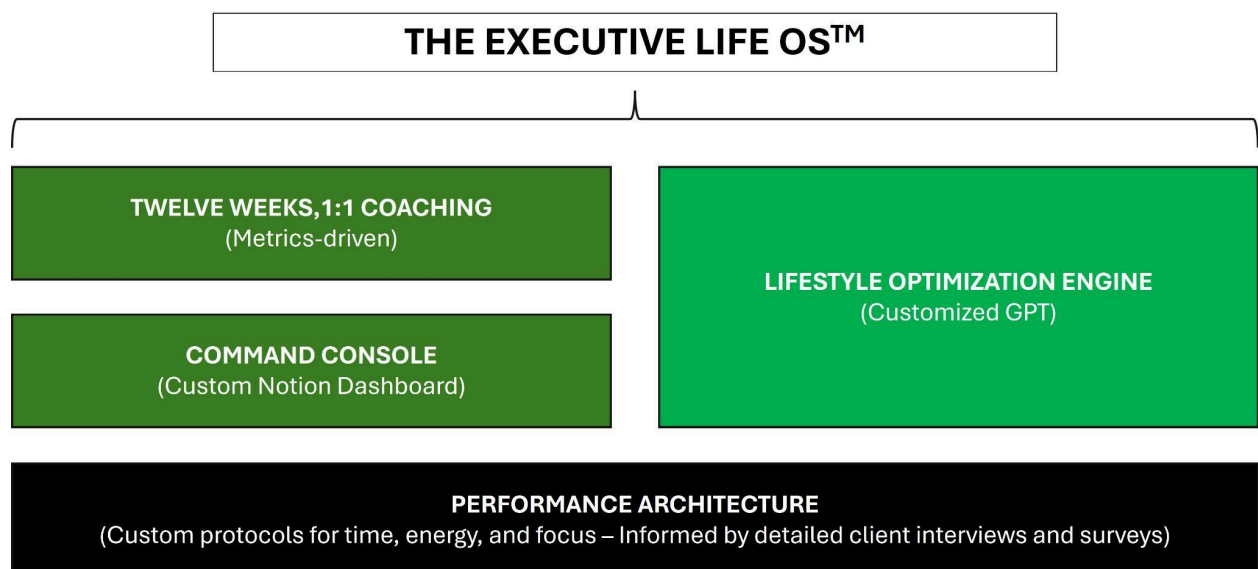
*For reference, business leaders lose upwards of \$100,000 in annual productivity due to lifestyle inefficiencies (context switching, poor sleep, decision fatigue, etc).*

## The Solution

**The Executive Life OS** is a 12-week coaching engagement that helps high-performing business leaders achieve total lifestyle optimization through:

- Twelve 1:1 lifestyle design coaching sessions
- A structured 12-week optimization process
- A supporting tech architecture for data-drive insights

These all come together to serve as your personal operating system for better time management, improved health, stronger relationships, and more.





## The Results

Orchestrate your life with the same precision that you run your team, department, or business.

### What you should expect to gain:

- 5-10 hrs per week of recovered time for family, health, or other personal matters
- Instant awareness of extremely costly lifestyle gaps, and corrective actions
- Eliminated decision fatigue through your customized decision-engine (your second brain)
- Boosted energy, mood, sleep, & focus. No more unnecessary stress or burnout
- Laser sharp clarity and alignment around life priorities

## The Process

1. This process begins with a customized dashboard build-out: you will complete a 60-minute interview and two surveys.
2. Then using your custom dashboard, we will work together for 12 weeks using data to analyze your core distraction drivers, and redesign your lifestyle for optimal results.

## Pricing and Program Details

- **Primary Elements:**
  - Twelve 1:1 Coaching Sessions
  - 12-Week Life Optimization Framework
  - Command Console™ (Custom Notion Dashboard)
  - Lifestyle Optimization Engine™ (Custom GPT)
- **Investment:**
  - Clients 1&2 (\$2,500 pre-launch)
  - Clients 3-10 (\$5,000 early adopter rate)
  - All others (\$7,500 standard rate)

**[:: SCHEDULE YOUR 30-MINUTE PRIVATE DISCOVERY CALL ::](#)**

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