AVENTURO ELITE | Entrepreniston by Loris Lanzellotti | My Habits Coaching Academy by Germano Giansante

PEOPLE • IDEAS • PERFORMANCE • A BETTER TOMORROW

YOUR

LEADERSHIP & PEAK PERFORMANCE JOURNAL

30 DAYS OF PRACTICE

REFLECTION • FOCUS • GROWTH • GUIDANCE



DAILY DISCIPLINE.
GREATER CLARITY TOMORROW.
A GREATER IMPACT.

SAME
ENERGY
MORE DIRECTION
GREATER IMPACT.

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OUR LEADERSHIP & PEAK PERFORMANCE SYSTEM™

"Four dimensions. One direction. A better version of you, every day."

4 INTEGRATED DIMENSIONS. ONE SYSTEM.

A complete leader leads **themselves**, leads **the team**, leads **the business** and leads **their own energy**. When these four dimensions are aligned, you create **better results, greater clarity** and **lasting impact.**



- Energy and focus management
- Sleep, nutrition and movement
- Resilience and stress management
- Growth mindset
- Sustainable performance

- Vision and strategy
- KPIs, OKRs and impact metrics
- Processes, systems and operations
- Decision-making and resource allocation

- Trust and psychological safety
- Constructive feedback and dialogue
- Alignment and accountability
- Delegation and people development
- Collaboration and culture

- Emotional management
- Focus and attention
- Habits and personal discipline
- Stress management
- Identity and values
- Clarity of direction

MORE ENERGY. MORE IMPACT.

Manage your physical, mental and emotional energy to maintain high performance over time.

MORE CLARITY. MORE RESULTS.

Turn your vision into concrete actions, improve processes and make more effective, data-driven decisions.

MORE TRUST. MORE COLLABORATION.

Create an environment for growth, communicate clearly, give constructive feedback and develop people.

MORE AWARENESS. MORE FREEDOM.

Recognize your emotions, manage stress, develop a growth-oriented mindset and act with intention instead of reacting.

ONE SYSTEM

The four dimensions are interconnected and reinforce one another.

A PRACTICAL METHOD

Simple daily actions and practices to achieve results over time.

A 30-DAY JOURNEY

Structured, progressive and applicable to real life.

LASTING IMPACT

More clarity, more energy, better results, a more aligned team and more authentic leadership.

MORE AWARENESS. MORE RESULTS. GREATER IMPACT.

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DISCOVER HOW TO ACCELERATE YOUR LEADERSHIP.

> "The most powerful leadership starts with you."

Leadership & Peak Performance Accelerator

12 WEEKS. 4 INTEGRATED DIMENSIONS. REAL RESULTS.

A 12-week journey that guides you step by step to become a more self-aware, effective and impactful leader. It combines coaching, hands-on training, practical tools and an exclusive community of CEOs, executives, entrepreneurs and professionals.

Every 3 weeks we dive deeper into a fundamental dimension of leadership, helping you integrate personal growth, team development, business results and sustainable energy into a coherent system.

THE 12-WEEK ROADMAP

PHASE 1 — LEAD YOURSELF — WEEKS 1–3

1	2	3
Identity & values	Mindset & emotions	Habits & discipline

Greater self-awareness, focus and self-direction.

PHASE 2 — LEAD YOUR TEAM — WEEKS 4–6

4	5	6
Leadership communication	Delegation & trust	Culture & performance

More motivated, aligned and autonomous teams.

PHASE 3 — LEAD YOUR BUSINESS — WEEKS 7–9

7	8	9
Vision & strategy	Processes & priorities	Execution & results

Greater clarity, productivity and business impact.

PHASE 4 — LEAD YOUR ENERGY — WEEKS 10–12

10	11	12
Energy & health	Stress management	Integration & impact

More energy, resilience and sustainable performance.

WHAT YOU GET

HIGH-LEVEL COACHING
Live sessions with expert coaches and international mentors.

PREMIUM MATERIALS
Workbooks, guides, practical tools, self-assessments and exclusive resources.

ONLINE PLATFORM
Access to content, exercises and ongoing support.

EXCLUSIVE ALUMNI COMMUNITY
A unique network of CEOs, executives and professionals to share experiences and opportunities.

ONGOING SUPPORT
Q&A, discussions, peer-to-peer learning and asynchronous support with the community and team.



DISCOVER MORE

Scan the QR code and discover how to join the Leadership & Peak Performance Accelerator. Check the full program and upcoming dates.

VISIT WWW.AVENTUROELITE.COM →

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YOUR DAILY RITUAL

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Small daily actions create big results over time.

DATE ____ / ____ / _____

M T W T F S S

01 LEAD YOURSELF
INNER STATE

How do I feel today?

- ☐ Serenity
- ☐ Joy
- ☐ Gratitude
- ☐ Enthusiasm
- ☐ Confidence
- ☐ Curiosity
- ☐ Calm
- ☐ Satisfaction
- ☐ Sadness
- ☐ Anger
- ☐ Fear
- ☐ Anxiety
- ☐ Frustration
- ☐ Stress
- ☐ Loneliness
- ☐ Confusion

Today's intention

How do I want to show up as a leader today?

02 LEAD THE TEAM
RELATIONSHIPS & IMPACT

Today's relationship priorities

- ☐ Listen
- ☐ Give feedback
- ☐ Support
- ☐ Align
- ☐ Delegate
- ☐ Recognize
- ☐ Build collaboration

One concrete action

How can I build more trust and create value today?

03 LEAD THE BUSINESS
FOCUS & RESULTS

Today's top 3 priorities

1. _____
2. _____
3. _____

One high-impact action

What is the most important action I can take to move closer to my goals?

04 LEAD YOUR ENERGY
SUSTAINABILITY & PERFORMANCE

Today, I will take care of

- ☐ Movement
- ☐ Nutrition
- ☐ Hydration
- ☐ Breathing / Break
- ☐ Time in nature
- ☐ Digital detox
- ☐ Recovery / Sleep

My energy today

What can I do to maintain or boost my energy?

GRATITUDE
3 things I'm grateful for today.

1. _____
2. _____
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FINAL REFLECTION
What is my key takeaway today?
What have I learned? What can I do better tomorrow?

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- ☐ Breathing / Break
- ☐ Time in nature
- ☐ Digital detox
- ☐ Recovery / Sleep

My energy today

What can I do to maintain or boost my energy?

GRATITUDE
3 things I'm grateful for today.

1. _____
2. _____
3. _____

FINAL REFLECTION
What is my key takeaway today?
What have I learned? What can I do better tomorrow?

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DISCIPLINE TODAY.
MORE CLARITY TOMORROW.
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M T W T F S S

01 LEAD YOURSELF
INNER STATE

How do I feel today?

- ☐ Serenity
- ☐ Joy
- ☐ Gratitude
- ☐ Enthusiasm
- ☐ Confidence
- ☐ Curiosity
- ☐ Calm
- ☐ Satisfaction
- ☐ Sadness
- ☐ Anger
- ☐ Fear
- ☐ Anxiety
- ☐ Frustration
- ☐ Stress
- ☐ Loneliness
- ☐ Confusion

Today's intention

How do I want to show up as a leader today?

02 LEAD THE TEAM
RELATIONSHIPS & IMPACT

Today's relationship priorities

- ☐ Listen
- ☐ Give feedback
- ☐ Support
- ☐ Align
- ☐ Delegate
- ☐ Recognize
- ☐ Build collaboration

One concrete action

How can I build more trust and create value today?

03 LEAD THE BUSINESS
FOCUS & RESULTS

Today's top 3 priorities

1. _____
2. _____
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One high-impact action

What is the most important action I can take to move closer to my goals?

04 LEAD YOUR ENERGY
SUSTAINABILITY & PERFORMANCE

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- ☐ Anxiety
- ☐ Frustration
- ☐ Stress
- ☐ Loneliness
- ☐ Confusion

Today's intention

How do I want to show up as a leader today?

02 LEAD THE TEAM
RELATIONSHIPS & IMPACT

Today's relationship priorities

- ☐ Listen
- ☐ Give feedback
- ☐ Support
- ☐ Align
- ☐ Delegate
- ☐ Recognize
- ☐ Build collaboration

One concrete action

How can I build more trust and create value today?

03 LEAD THE BUSINESS
FOCUS & RESULTS

Today's top 3 priorities

1. _____
2. _____
3. _____

One high-impact action

What is the most important action I can take to move closer to my goals?

04 LEAD YOUR ENERGY
SUSTAINABILITY & PERFORMANCE

Today, I will take care of

- ☐ Movement
- ☐ Nutrition
- ☐ Hydration
- ☐ Breathing / Break
- ☐ Time in nature
- ☐ Digital detox
- ☐ Recovery / Sleep

My energy today

What can I do to maintain or boost my energy?

GRATITUDE
3 things I'm grateful for today.

1. _____
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FINAL REFLECTION
What is my key takeaway today?
What have I learned? What can I do better tomorrow?

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01 LEAD YOURSELF
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How do I feel today?

- ☐ Serenity
- ☐ Joy
- ☐ Gratitude
- ☐ Enthusiasm
- ☐ Confidence
- ☐ Curiosity
- ☐ Calm
- ☐ Satisfaction
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