



Ah-Ha Lab Fifteen part one – Five quadrants for capacity

Use the Summit Capacity tool to rate your personal capacity at set times throughout the day. Then adjust and tune the five quadrants to improve your capacity as needed. For a standard day, rating your capacity every hour will keep you in a peak state. For days with above average demands, every 10-20 minutes your system may need to be tuned.

Ah-Ha Lab Fifteen part two – Peaks and valleys in the day

Humans burn out when they are on at 60% capacity all day. They thrive and become stronger when they peak at 80-90% capacity, then recover. Practice scheduling yourself to peak when you need full capacity, then plan times of recovery throughout the day. Mental training is like physical training, the rest is as important as the workout.

To LEAD AT PEAK CAPACITY
YOU NEED TO CONSTANTLY
TUNE YOUR SYSTEM

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