



YOUR BETTER LIFE WORKBOOK

BY MICHAEL O'BRIEN

HEY THERE, AND WELCOME TO OUR PELTON!



Like many people, you may be wondering what the heck is a peloton. So let's start there. I'll explain it.

A peloton is a group of cyclists in a race - think the Tour de France. They need trust and collaboration to go faster together, just like we do in life and at work.

When I was recovering from my near-death cycling accident that I call my Last Bad Day, I considered my medical team my peloton. Today I use the word peloton as a metaphor for your tribe in life or your personal board of directors at work.

Wherever you may be, having a united peloton is essential if you desire the energy that will help you experience all that your life and career have to offer.

I believe I survived my cycling accident to help you have the energy for the things that matter most in life. But too often, I see leaders not managing their energy wisely, and they end up bringing home just their energy leftovers.

They are grinding it out, collecting external merit badges, and chasing the extraordinary because it's the script they believe they are supposed to follow.

There is a better way. One that allows you to write your own script and be self-accepting as well as driven toward excellence. One that ensures you have the energy to pursue your dreams and create a better life and career.

During my recovery and life-long study, I've found five key areas that drive our energy. They are:

Purpose

Emotion

**Relationship
Career**

Wellness

I'm eager to share my *A Better Life Workbook*, which includes my Peloton's Energy Quotient, worksheets, and tips that will help you create a better tomorrow at work and in life.

PELTON'S ENERGY QUOTIENT (PE-Q)

Every bike ride starts with one pedal stroke. It's the same for your life and career. But before you start, check your equipment, understand where you are and where you are heading. This energy assessment will help you determine what's influencing your energy and help spark your better life game plan.

Instructions: Consider how accurately each statement describes you today by selecting a rating from 1 to 4.

1 - So not me; 2 - A little like me; 3 - Often like me; 4 - This is me

PURPOSE

1. I know my values.
2. I'm confident in my vision for the future.
3. I'm part of something bigger than myself.
4. I value each day as a gift or opportunity.
5. I know I can write my script.

So not
me

A little
like me

Often
like me

This is
me

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EMOTION

1. I spend my energy on the things that matter most.
2. I'm willing to put forth emotional labor.
3. I have control over my emotions.
4. I release my stress and avoid repressing it.
5. I can pick up on how others are feeling.

So not
me

A little
like me

Often
like me

This is
me

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RELATIONSHIP

1. I spend time with the people who bring out the best in me.
2. I spend time nurturing my most essential relationships.
3. I avoid comparing my life and career against others.
4. I avoid taking my frustrations out on other people.
5. I have a diverse and inclusive peloton.

So not
me

A little
like me

Often
like me

This is
me

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WELLNESS

1. I stay well-hydrated.
2. I'm mindful and intentional about my nutrition needs.
3. I'm proactive about my health.
4. I get at least three hours of movement, flexibility, and strength training each week.
5. I make sure I get enough sleep and recovery.

So not
me

A little
like me

Often
like me

This is
me

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PELTON'S ENERGY QUOTIENT (PE-Q)

CAREER

1. I can honor my values at work.
2. I look forward to my work week on Sunday.
3. I see the higher purpose of my work.
4. My work is more than just a paycheck.
5. I enjoy working with my colleagues.

So not
me

A little
like me

Often
like me

This is
me

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Your PE-Q

Add up your scores and put the
number in the box

What your Peloton's Energy Quotient Means:

- **25 - 50:** You have nothing but opportunities to reclaim your energy.
- **51 - 70:** You have a solid foundation to build upon.
- **71 - 90:** You are just a few shifts away from living a fully energetic life and career.
- **91 - 100:** Light it up! You can help others turn their pilot light on and cascade energy that can change lives.

Where's your Focus?

Look back at your scores. What is one area of strength that you wish to maintain, and what is one area you want to focus on to enhance?

Area of Strength: _____

Area of Focus: _____

Through my career and recovery, I discovered three foundation building blocks for a better life and career: awareness, acceptance, and action.

Your Peloton Energy Quotient provided awareness. Now, without judgment, hold space to accept where you are today and ready yourself for action.

If you are there, great! let's dive into some exercises. If you're not ready, that's natural. Try grabbing a P.B.R. -no, not that kind. When I say P.B.R. I mean pause, breathe, and reflect on the type of life and career you desire.

Feel confident that you are right where you need to be, and I will be right by your side. Together we got this. We are better together.

PURPOSE



Purpose energy, or some would say spirituality energy, isn't synonymous with religion. It's about alignment because when you have it, there's less tension in your life. It's the why behind what you do. Many lose their way when they lose their why.

In this space, take a few minutes to write out your vision for One Year From Now.

Once you know where you are going, your values help you decide how to get there. Take 15 minutes to discover your five essential values.

STEP 1

Answer the following questions about where you will be one year from now.

HOW MUCH FUN ARE YOU HAVING?

NO FUN 1 2 3 4 5 6 7 8 9 10 SO MUCH FUN

WHERE ARE YOU LIVING?

HOW DO YOU FEEL?

HAPPY 😊 CONTENT 😐 SAD ☹️ ANGRY 😡

HOW MUCH MONEY ARE YOU MAKING?

STEP 2

What are you doing? (In as many aspects of your life/career as possible.)

Describe the people closest to you.

What difference are you making in the world?

What are you excited about?

How do you want people to describe you?

Use the space below to capture what you see. You can't be it if you can't see it.

YOUR VALUES



STEP 3

What five values in your professional and personal life do you consider to be the most important?

Acceptance	Family	Knowledge	Spirituality
Accountability	Focus	Leadership	Spontaneity
Awareness	Freedom	Learning	Stability
Balance	Friendship	Logic	Strength
Bravery	Fun	Love	Structure
Cleanliness	Grace	Loyalty	Success
Community	Gratitude	Maturity	Support
Compassion	Greatness	Motivation	Surprise
Confidence	Growth	Order	Teamwork
Consistency	Happiness	Organization	Tolerance
Creativity	Hard Work	Originality	Toughness
Credibility	Health	Passion	Tradition
Dignity	Honesty	Productivity	Tranquility
Discipline	Hope	Professionalism	Transparency
Drive	Imagination	Prosperity	Trustworthy
Empathy	Independence	Purpose	Truth
Empowerment	Individuality	Recreation	Understanding
Energy	Joy	Respect	Uniqueness
Enthusiasm	Justice	Responsibility	Vitality
Ethical	Kindness	Risk	Wealth

STEP 4

On a scale of 1–10, how well are you honoring your top five values at work and home?

VALUE	WORK										HOME											
	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10

EMOTIONAL



Emotional energy is the essential building block in becoming an emotionally intelligent leader at work and in life. It's your ability to stay focused on the things that truly matter. It's about having awareness and accepting that you have a choice over your emotions and behaviors, which gives you the power to create trustworthy relationships.

In my book, *My Last Bad Day Shift - Preventing Bad Moments from Turning into Bad Days*, I share the P.B.R. process that I mentioned above. It's a perfect way to slow down and check your thinking between meetings or when you feel your stress percolating. Think of it as micro-mindfulness. Here's how you do it.

GRABBING A P.B.R. PROCESS:

Take a slow inhale breath for a count of six. Hold for four seconds and then exhale slowly for a count of six. Hold for two seconds and repeat three more times.

You can use this workbook to list how many P.B.R.s you took each day as well as writing out what triggered the need for them.

DAY OF THE WEEK	# OF P.B.R.S	OBSERVATIONS
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

RELATIONSHIP



Relationship energy is the energy building block that is more externally focused than the others. It's all about your connection to society, community, team, and your closest relationships. It's your peloton, and it's essential because work and life are not solo projects. Frequently your relationship energy will propel you forward, or it can act as a strong headwind that slows your progress.

STEP 1

PERSONAL

PROFESSIONAL

CLARIFY

Who gives you space to think through your thoughts and ideas?

COMFORT

Who is someone you can share your concerns with when you need to be comforted?

CONFRONT

Who challenges you and your thinking?

CRISIS

Who can you rely on to help you stay grounded, heard and supported during a crisis?

CELEBRATE

Who can you celebrate your big and small victories with?

STEP 2

EVALUATING YOUR PELOTON

How are the people listed above like you? How are they different?

Which members of your peloton support you in multiple areas? How?

How many people are in your peloton?
Do you feel like this is too few or too many?

How far away do they live?

In what areas do you feel like you could be better supported? What can you do to change this?

WELLNESS



Your wellness energy is a cornerstone of your success, and it's easy to take it for granted. I know from experience. It includes elements like sleep, nutrition, fitness, body image, and breathing, all of which are keys to performing your best at work, in life, and recreation or sport. When your wellness energy is misaligned, it can have a profound influence on the four other energy building blocks.

One key to a healthy mind and body is staying hydrated. It's a wellness habit I developed during my Last Bad Day recovery after studying how routines are created.

Our habits, both the good ones and the not-so-great ones, are developed through the Cue, Behavior, and Reward process. Since I love beginning with the end in mind, let me break this down with the finish line in mind like I did when I was in the hospital recovering.

Reward or Goal: Get healthy and rebuild my life.

Behavior: Start the day with hydration - 20 ounces of water.

Cue: Wake up and grab the water that I prepared before going to sleep.

Here's how it looks sequentially today; I wake up, head downstairs, pour myself a glass of water, then drink the whole dang thing. This is how I start every day, and it gets my body and mind rehydrated and ready to tackle the day.

You can use this space to write down one new habit you want to develop to enhance your wellness energy.

Reward or Goal: _____

Behavior: _____

Cue: _____

CAREER



I believe that when we change how we work together, we will change how we live together because we spend so much time at work. We also spend a whole bunch of energy at work and, at times, too much. By the time we get home, we are drained and can only provide those closest to us our energy leftovers or table scraps.

But there's hope. When we get our work energy right, then it gets easier for the other areas of our lives to fall into alignment.

During my cycling accident recovery, I found the practice of gratitude. It helped me see what I still had and could do. It also helped me see the extraordinary in the ordinary instead of believing that only extraordinary things mattered.

GRATITUDE PRACTICE:

Here's a process that you can use at home or work that I share in My Last Bad Day Shift. As you get ready for bed, think about three things for which you are grateful. The smaller the better, and you can even be thankful for a challenge you are currently facing because our challenges often provide our most significant growth.

If you like you can journal your gratitude list or just think about them before hitting the pillow. It's a perfect way to capstone your day, and it can even help you drift off to sleep faster.

Use the space below to write out a few things you are grateful for today:

Managing your energy and mindset can be a challenge — especially if you are trying to do it alone. The good news is that you don't have to.

I believe I survived My Last Bad Day to help people like you create a better life and career, one with less drama and more energy, connection, and joy. Together we can make it happen.

You can click [**HERE**](#) to set up a time for us to connect. In the meantime, you can pick up a free copy of **My Last Bad Day Shift**, which can help you prevent bad moments from turning to bad days.



Hi, I'm Michael O'Brien,

I'm a former corporate sales and marketing executive who has been in the trenches as well as survived a horrific near-death cycling accident.

Today I help leaders prevent bad moments from turning into bad days, create the life and career they desire, and get shi(f)t done.

To discover more, you can visit www.michaelobrienshift.com or check out my contributions to **TEDx**, **Entrepreneur**, **Fast Company**, **Real Simple**, **ABC**, and many wonderful podcasts, like Stacked Against with **Cassandra Shuck**.

