

# BARBELL STRATEGY

## FOR REAL ESTATE & SMALL BUSINESS

“SWEET”  
SPOT

∞  
POTENTIAL

- VOC
- 7 Types of Waste
- DMAIC
- Lean/6σ
- RCA
- Solvable Problem™
- Jenga Approach
- Certainty OSTM
- ATIMER
- Business Treasury
- Play Your Game

- 3R's
- Deal Triangle
- Subconscious Mind
- Skill Development
- Zone Pacing™
- GOCUS Pendulum™
- Asymmetric Engineering
- (for Business & Deals)
- Repaying Energy Debt

### BRAIN DAMAGE

- Complicated (doing too many things)
- Not paying yourself
- Stressed out
- Wasteful & inefficient
- Suffering

GETTING  
BETTER  
EVERYDAY

ALLOWING  
SPACE

THE  
**CLUB**

# BARBELL STRATEGY

