



- HIGH PERFORMERS DON'T BURN OUT FROM OVERWORK.
- THEY BURN OUT FROM WORKING ON THE WRONG THINGS.

**Fix it in 5 minutes with this system.**



# The Problem:

- Motivation fades. Comfort seduces. Distraction wins.
- Your energy gets drained by tiny, invisible choices.
- That's how long-term success dies quietly.



# The Truth:

- Your future is built by invisible choices.
- Every action is one choice.
- For long-term greatness or short-term relief.





**The Fix**

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**MIA Framework**





# MIA Framework:

**M: Mission**

**I: Impact Tasks**

**A: Avoid At All Costs**

Use this daily. It takes 5 minutes.





# M: Mission

- What is the one outcome that makes today a win?
- Not vague. Not multitasking. One shot. One kill.
- Example: “Complete investor pitch deck.”





# I: Impact Tasks

- List 3 tasks that directly move that mission.
- If it doesn't drive the mission, don't list it.
- Example:
  - Draft 3 slides
  - Finalize metrics with finance
  - Review design mockups





# A: Avoid at All Costs

- List 2 distractions you'll consciously ignore today.
- What you don't do matters as much as what you do.
- Example:
  - No email before 11 AM
  - No jumping into ad-hoc requests







# The Payoff

Comfort feels productive.  
Execution actually is.

Don't chase motivation.

Design your day. Ruthlessly.





**Want the MIA  
Framework as a  
template?**

**Comment “MIA” or DM.  
I’ll send it over.**

