



A NEW ERA

The mindset, momentum & magnitude
to make 2023 your best year ever



Hello incredible human!

I'm Lara Nercessian

Host of the Boss in Heels Podcast | Founder |
Queen of Consistency | Executive for a Billion Dollar
Group | Helping ambitious individuals focus their
energy, so they can overcome fears & build a powerful
presence



Overview

I'm going to teach you to create elite routines and up-level your life ... so that you can show up with increased energy & presence, and become the powerhouse that you've always been destined to be.

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BONUS E – Elevating & Enhancing





My personal story

Then:

- Playing safe & small
- Junior HR Assistant on a minimum wage salary
- Working 6–7 days a week, burning the candle at both ends, no energy or space for creativity
- Consuming, not creating
- No real structure or routine
- Reactive approach to life



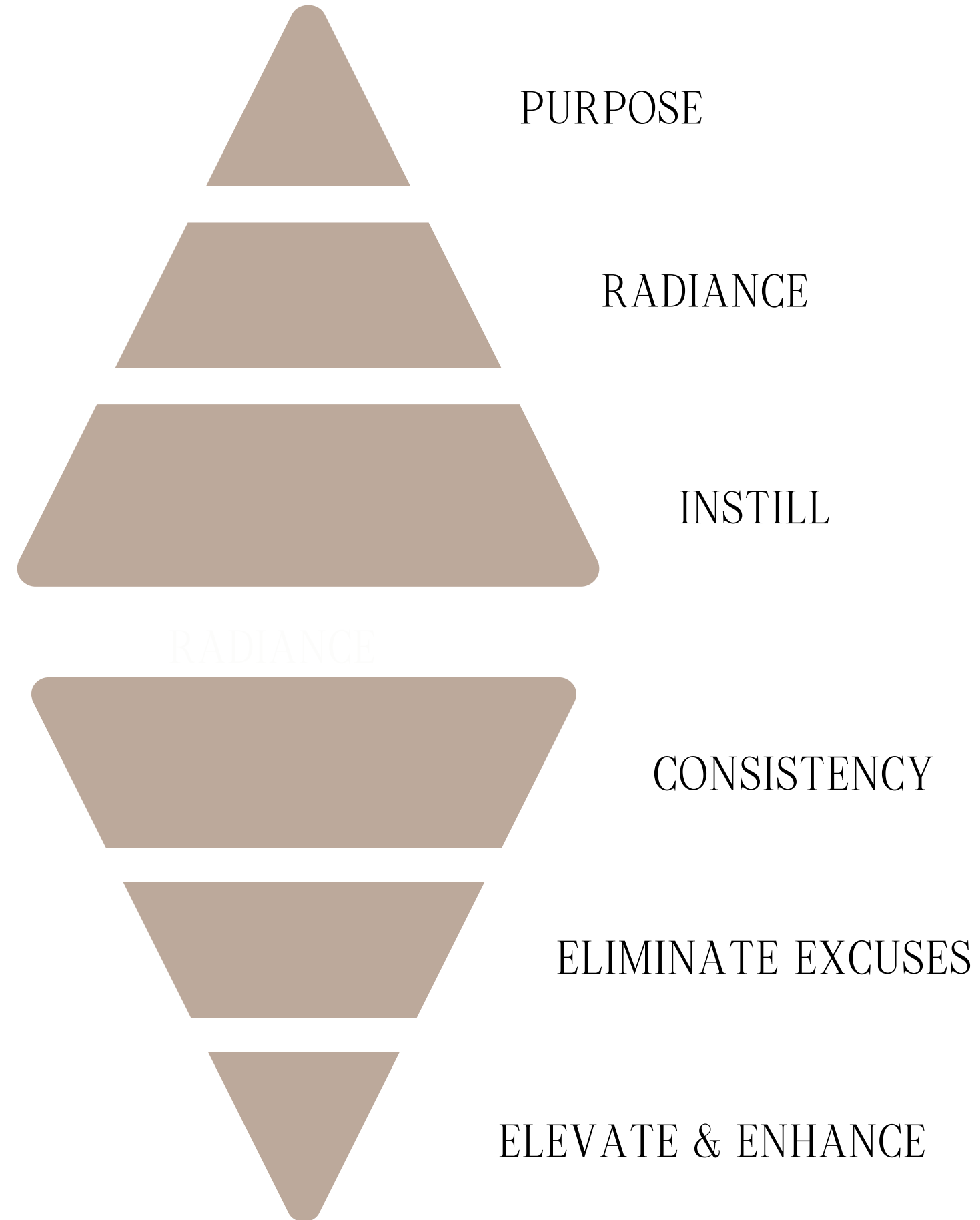
My personal story

Now:

- Playing big & bold
- Executive for a billion dollar company + run my own podcast and business
- Working less and doing more
- Creating more, consuming less
- Real structure and elite routines
- Proactive approach to life



PRICEE METHOD



1. Purpose

“If you don’t design your own life plan, chances are you’ll fall into someone else’s plan. And guess what they have planned for you? Not much“.

– *Jim Rohn*



Why It's Important To Find Your Why

1

Gives you a strong sense of direction and control in your life – in a way that feels authentic & true to you

2

Enables you to keep focused & disciplined when your motivation dissipates

3

Experience greater levels of fulfilment & goodness into your world



Steps To Finding Your Purpose

1

Start asking yourself good questions (What do you value? Who do you want to become? What kind of impact do you want to make, where is the intersection between my skills and passion)?

2

Begin doing more of the things that energise you

3

Start with small, tiny steps



2. Radiance

- World class performers have world class habits which enable them to sustain energy, vitality and focus e.g. Michael Jordan, Tony Robbins and Oprah Winfrey
- They are intentional with what they do from the moment they wake up until the moment they go to sleep at night
- They move their bodies and keep themselves physically and mentally fit
- They have a strong sense of purpose
- They possess a certain level of vitality, energy & presence above and beyond the average person



3 Key Pillars To Radiance

1 – Elevated Physiology

Physical movement, working out, walking or running outside in nature, breaking a sweat, getting your heart rate up and blood pumping through your veins

2 – Mental Brilliance

Investing in your mind and building your genius. Reading, learning, watching inspirational videos, completing a course, listening to a podcast or audio book

3 – Soul Nourishment

Stillness, quiet, calm, purpose, mindfulness. breath work, meditation, nature.



Honouring your Genius

- Creating and designing a life which is inspiring, fulfilling & soul-nourishing
- Doing things which honour your highest values
- Giving yourself the gift of a great morning routine
- Committing to daily activities that will energise you and make you glow from within
- Having firm boundaries
- Saying no to people & things which aren't in line with who you are and where you want to go



3. Instilling Routines

What is a habit?

“A habit is a routine or behaviour that is performed regularly – and in many cases, automatically.” e.g. brushing your teeth

What is a routine?

“A sequence of actions regularly followed.”

“Performed as part of a regular procedure.”



The importance of routines

- A goal without a plan, is simply a wish
- Clear intention, actionable steps
- Making a commitment to yourself to follow-through
- Gain laser focus
- 10 x your productivity
- Make real impact
- Do purposeful, meaningful & fulfilling work
- Overcome fears & build a powerful presence
- Own your genius
- Live a remarkable life



“We are what we repeatedly do.
Excellence then, is not an act, but a
habit.”

– *Aristotle*



3. Instilling Routines

- The compounding effect
- The 1% rule
- Discipline leads to freedom
- Curating your routine
- Own your morning, own your life



4. Consistency

- Having a powerful and inspiring why
- Valuing long term vision over short term comfort
- Making your routine something you enjoy and look forward to
- Reframe: I have to vs. I get to
- Giving yourself a gift
- Self-care, soul-nourishment, self-love



Boss Planning

- Boss Planning Method is taught inside my Boss Routines course
- Framework for owning your day and doing the most each week, without burning out
- Busy is not glamorous
- Honouring your time to rest & recharge
- Sitting in the CEO's seat when it comes to your own life



5. Eliminate Excuses

- What do you value?
- Is there alignment in your life?
- Creating contingency
- Bumper bars
- Fast-forwarding to your future self
- Replacing bad habits with better ones



6. Elevate & Enhance

- Start small & simple
- Elevate, build, refine, reiterate
- My routines – 20+ iterations over the course of 5/6 years
- Elevate your routine, elevate your life
- Upleveling your life means upleveling all aspects – intrinsic & extrinsic factors

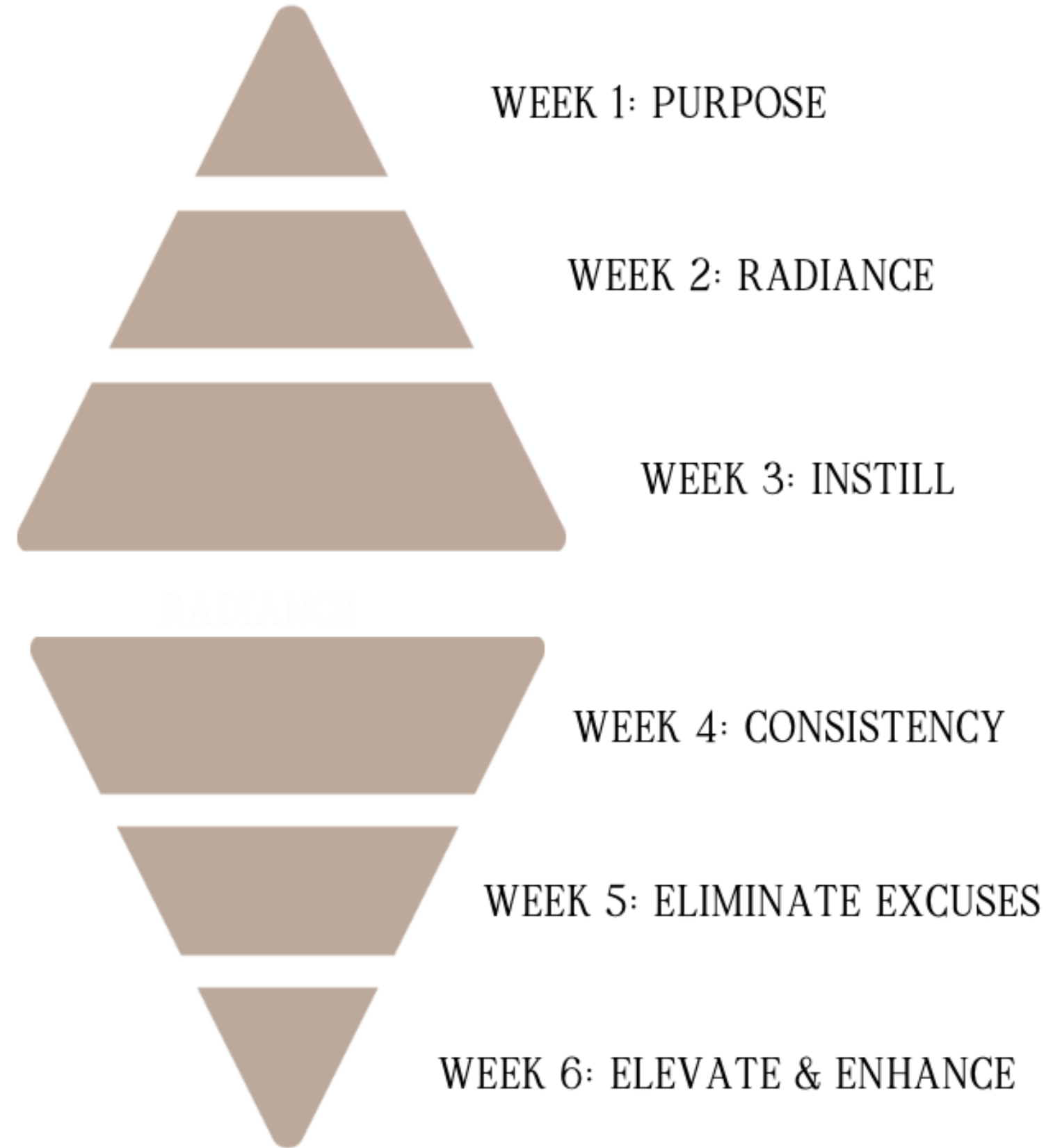


Introducing... Boss Routines!

Boss Routines will teach you to create elite routines and up-level your life ... so that you can show up with increased energy & presence, and become the powerhouse that you've always been destined to be.



6 Week Program



Boss Routines

For the ambitious individual who:

- Is ready to sit in the CEO's seat and take radical responsibility for their own life
- Is seeking to establish elite habits, routines & rituals that will provide them with a competitive edge in business and in life
- Is seeking proven strategies to skyrocket productivity
- Craves increased focus and flow so they can elevate their performance from average to elite
- Desires a greater source of energy and connection to their inner radiance and to embody a state of flow

LARA

LARA NERCESSIAN

How Boss Routines Works

Build your knowledge

- 6 weeks of curated content to fast-track your knowledge, deepen your insights and provide you with a solid foundation for creating elite habits, routines & rituals

Absorb & Engage

- Group voxer support to ensure you have the opportunity to absorb, engage and ask me questions directly throughout the duration of the program

Embed & Instill

- A customised Boss Routines workbook to ensure you curate and embed your own practices that will stay with you not just for the duration of the program, but for life



Bonus Tactics & Materials

Bonus tactics and materials you can keep in your back pocket and draw on to gain a competitive edge in your daily routines and life



The Investment

Over \$1500 USD value in the program!

One time special offer of \$555 USD

Or 3 x payments of \$225 USD



Special Offer

But wait... there's more!

First 5 people who sign up will receive a 30 minute 1-1 call with me for free

Valued at \$185USD



Sign Up Now

Sign up here: [LINK](#)

- Open for a limited time only
- The lowest price Boss Routines will EVER be offered
- Doors are only open for 7 days



Thank you incredible human!

LARA

