

# Turbo Leadership Systems

# The **TURBO** **Charger**

Phone: 503.329.4519 · Email: [turbo@turbols.com](mailto:turbo@turbols.com)

To our clients and friends

Issue 798

## Reducing the Pressure

June 16, 2020



**Larry W. Dennis**  
President  
Turbo Leadership Systems

**Concentrating  
focus gets  
miraculous  
results.**

### Cool as a cucumber

Jason, a service manager for a sawmill capital equipment manufacturer headquartered in Woodland, WA, told Session 7 of Turbo's Leadership Development Lab (LDL):



"In 2014, I changed life insurance providers. A requirement for being approved for my new policy was that my blood pressure had to fall within an acceptable range. My blood pressure has always been high. The nurse made several attempts, reminding me repeatedly to relax, until she finally got a reading that barely qualified me for my new policy. In 2015, I started eating healthier, began a regular exercise regiment, then had my blood pressure taken again. The nurse responded on the first try with, 'cool as a cucumber,' meaning my blood pressure was perfect!"

"About a year ago, I quit my disciplined exercise routine and started eating a lot of things I knew I shouldn't. As you could expect, my blood pressure was once again dangerously high. When I received my Red Dot at Session 3 of the LDL, I knew what I needed do. I restarted my exercise and healthy eating regiment. I had tried over the past few months, but just couldn't muster the self-discipline to stay after it. I kept procrastinating telling myself, 'I will start tomorrow.'"

"With my Red Dot as my reminder, I have applied 5X more enthusiasm to a regular exercise routine and I'm eating the healthy way I know I should. After only four weeks, I've already started to notice I have more energy, I am sleeping better and in general just feeling much better. It's too early to be sure but I anticipate in a month's time my high blood pressure will drop down to a healthy level again."



"The lesson I have learned is that by applying 5X more enthusiasm to exercising and healthy eating, I can achieve the results, the outcome I want. I now have more energy and can apply this newfound energy and enthusiasm to other projects and areas of my life."



"The action I ask you to take is apply more enthusiasm, 5X more enthusiasm to your health and well-being. You first must take care of yourself before you can care for others."

"The benefit you will receive is increased, youthful energy to apply to all areas of your life."

I have had the privilege of hearing thousands of 5X Reports at Session 7 of the Leadership Development Lab. Many of the stories I've heard border on the miraculous. What projects have you been procrastinating on? Would you like a miraculous result? Start today to apply 5X more enthusiasm. You will be amazed at what you can do.



**TURBO**  
LEADERSHIP SYSTEMS

Please forward this to friends, co-workers, customers or relatives who you feel might enjoy it.

To unsubscribe, please e-mail us at [admin@turbols.com](mailto:admin@turbols.com)

Connect with us!

