



CRAIG WHITE

WWW.CRAIGWHITECOACHING.COM

SECRETS OF CONSCIOUS HIGH PERFORMING MEN



PREFACE

The following information provides a snapshot of some of the key secrets or behaviours displayed by Conscious High Performing Men. Without getting too spiritual here let me explain in simple terms what I mean by the word conscious.

A Conscious High Performing Man is basically a man who has learned to navigate through his life more of the time from a place of conscious choice and awareness. Thus, he has more capacity to enjoy life and fulfill his potential as a man, due to the fact that his actions are not driven by his unconscious mind.

Most men don't operate from this place of conscious choice. Many of the men I work with have lost their mojo in life and they do not know why. They are sick and tired of themselves and want to change.

Whilst there are many specific reasons for this, generally speaking, the big problem is that these men, often without realising it, are operating from a place of deep unconscious patterning of behaviour. These patterns of behaviour have been shaped and stored in their unconscious minds by various influences in their life such as: mum, dad and extended family, teachers and coaches, the cultural environment they lived in, clubs and organisations, books and literature, TV and the media, the internet, technology, and many other aspects of life, behaviours, and beliefs handed down to us from other people.

GOOD NEWS: IT DOESN'T HAVE TO BE THIS WAY

The following 12 Secrets of Conscious High Performing Men will help you to clearly see that there is a way out of suffering. It is possible to stop being a slave of your mind and to move into a more conscious way of behaving, giving you more clarity in life, helping you to fully understand why you are here, motivating you to fulfill your potential and to be the man you were supposed to be. All that is required is that you are willing to change and that you are prepared to make the effort and the daily practice that is required to change. Change requires effort, requires sacrifice, requires us as men to step through our fears, step over thresholds, and into the magic.

If you want to navigate through life as a Conscious High Performing Man, this Mini E-Book will set you on your way. The information provided here was inspired by the book 'Conscious Men', written by John Gray and Arjuna Ardagh, plus my own journey, which has been heavily influenced by my work in NLP, Spectrum Emotional Coaching, Yoga, Meditation, and the ManKind Project.

If you would like to create your own specific pathway for change, learn specific tools and practices needed to break through unconscious patterning, and accelerate your capacity to be happy, please visit: www.craigwhitecoaching.com to view the range of offerings that I provide, which includes holistic men's retreats, men's life coaching, online men's circles, and inspirational men's talks.



HE IS SELF AWARE

Through practice he has learnt to operate more of the time from a place of conscious awareness.

No longer do his actions come from a place of subconscious conditioning and patterning.

His actions come from a place of conscious choice.

To him his practice of revealing his natural state of awareness is most important.

He starts his day mindfully, consciously, and carries this presence throughout his day.

He has learnt many strategies that help him remain in the present moment.

**START TO PRACTICE ACTING
FROM AWARENESS NOW.**



**AWARENESS IS ALL
ABOUT RESTORING YOUR
FREEDOM TO CHOOSE
WHAT YOU WANT
INSTEAD OF WHAT YOUR
PAST IMPOSES ON YOU.**

DEEPAK CHOPRA

AUTHOR AND TEACHER



HE OWNS HIS BEHAVIOUR

SECRET

02

He realises that even though he cannot change external events, he is in complete control of the way he responds.

In reality problems do not exist. The only thing that exists is our mental perception of people or situations.

He doesn't blame any event or person for his own suffering.

He realises that his view of the world is simply a mirrored reflection of his own internal projections.

He knows that when people trigger a negative response in him, his is simply a reflection of his own internal suffering at that moment.

**START OWNING YOUR
BEHAVIOUR NOW**



**YOU CAN'T END
THE WAR OUTSIDE
UNTIL YOU END
THE WAR INSIDE.**

BILL KAUTH

FOUNDER OF THEMANKINDPROJECT



HE ACCEPTS HIS PAST

He honours his past and is grateful
for every experience.

Yet, he has forgiven the past and the people
who he believed had harmed him from the past.

More importantly, he has forgiven himself
of guilt and shame.

He has learnt valuable lessons from the past that
enable him to be more authentic as a man today.

He accepts and embraces his shadow, the parts
of him that have been suppressed and hidden
from others.

And he realises his past is just a story,
the events are just a play of experiences.

**START THE PROCESS OF
ACCEPTING YOUR PAST NOW**



**STOP BEING A
PRISONER OF
YOUR PAST.
BECOME AN
ARCHITECT OF
YOUR FUTURE NOW.**

ROBIN SHARMA

AUTHOR



HE RESTS DEEPLY

He realises that deep sleep is his place of physical, emotional, mental, and spiritual regeneration.

Deep sleep allows him to synthesise new learnings fully, to recalibrate on all levels, and to remain vital and happy.

He manages his time well. The most important part of his calendar is rest & vacation time.

He plans carefully his daily, weekly, and annual rest periods before anything else.

He knows that he is an electrically charged being, and on a regular basis he must recharge and regenerate in order to operate as a conscious high performer.

**MAKE A COMMITMENT TO
START RESTING DEEPLY NOW**



**RESTING
FOR ME IS
FITNESS
TRAINING.**

JENSON BUTTON

FORMULA ONE DRIVER



HE HONOURS HIS BODY

SECRET

05

He gives thanks to life for his physical body,
he respects his body, loves his body
and accepts the body he has been given.

He recognises that his body is a gift, his
vehicle for life, needed to serve others.

He performs physical activity daily as a way to
honour his body and keep it working efficiently.

To him physical activity is performed from a place
of self-love, not from a place of distraction or a pain
driven need.

He feeds his body clean water, natural and
unprocessed foods, and minimizes toxic exposure

**START RESPECTING
YOUR BODY NOW**



**YOUR BODY IS
YOUR TEMPLE.
KEEP IT PURE
AND CLEAN FOR
THE SOUL TO
RESIDE IN.**

B.K.S IYENGAR

YOGA TEACHER



HE CONSERVES HIS ENERGY

06

He has an abundance of energy throughout the day, everyday, all the time.

He doesn't waste energy through excessive negative behaviours.

He recognises signs of tiredness and knows when to retreat.

He recognises that his sexual energy is life force itself and he knows through practice how to convert this energy into creativity.

He also knows how to replenish energy, how to distribute energy throughout his body, and thus create emotional stability.

He surrounds himself with energizers, people who inspire him to be the best version of himself possible.

**CONSERVE YOUR ENERGY
AND FEEL ALIVE NOW**



**OUR SEXUAL ENERGY,
WHEN NOT PROPERLY
MASTERED, IS
TRANSFORMED
INTO ANGER.**

PAUL COHELLO

AUTHOR



HE FEELS HIS EMOTIONS

SECRET

07

He is confident and comfortable in his masculinity and as a result he develops a deep respect for the feminine.

This helps him to feel his emotions on deeper levels, helping him to navigate through life more authentically.

He embraces his vulnerability, stepping over thresholds with a deep sense of trust.

He develops the capacity to channel any negative emotions into leadership and creativity.

He develops a deep respect for women, understanding them better, and loving them on deeper levels.

**START TO FEEL DEEPER
INTO YOUR EMOTIONS NOW**



**OUR EMOTIONS NEED
TO BE AS EDUCATED AS
OUR INTELLECT. IT IS
IMPORTANT TO KNOW HOW
TO FEEL, HOW TO RESPOND
AND HOW TO LET LIFE IN SO
THAT IT CAN TOUCH YOU.**

JIM ROHN

AUTHOR



HE ACCEPTS HE'S NOT PERFECT

SECRET

08

He knows and fully accepts that he is not perfect.

This allows to relax fully in life, accept his humanness,
and embrace his vulnerability.

He is not afraid of mistakes and he realises that
mistakes are an essential learning part of life.

By accepting his vulnerability he is able to lead others
to do the same.

He does not seek approval of others and doesn't
make decisions based on what others think of him.

He knows on a deep level that his life is driven
by something bigger than himself.

This allows him to bring more humour into his life
and view his imperfections in a lighter way.

ACCEPT YOUR IMPERFECTIONS NOW



**ASSERT YOUR RIGHT
TO MAKE MISTAKES.
IF PEOPLE CANT
ACCEPT YOUR
IMPERFECTIONS
THAT'S THEIR FAULT.**

DAVID BURNS

STANFORD UNIVERSITY



HE KNOWS HIS MISSION

His basic life needs are in place such as food and shelter, which provides a feeling of safety, the foundation for knowing his mission.

His regular practice of feeling deep into his own heart eventually brings him more mental clarity.

His mission becomes clear even though he realises that over time this mission could change.

His vision is big, well organised, and he proceeds with his mission in trust and confidence.

His actions are integral. He walks his talk.

He recognises his unique gifts and shares these with the world.

His mission becomes effortless and full of passion.

**START TO FEEL DEEPLY
INTO YOUR MISSION NOW**



**DON'T ASK WHAT
THE WORLD NEEDS,
ASK WHAT MAKES
YOU COME ALIVE,
AND GO DO IT.**

HOWARD THURMAN

AUTHOR



HE SETS HIS BOUNDARIES

SECRET

10

He sets personal boundaries in all areas of his life.

He knows how to say no if something crosses his boundaries.

Whilst he is open to receive and is loving, he does not rely on anyone else to meet his needs in life.

He makes sure that his needs are met and this becomes the number 1 priority in his life.

He realises that by doing this he is able to serve others better from a place of deep self love and non-attachment.

This makes him less needy of others and more able to give judiciously, giving people what they really need.

START SETTING YOUR BOUNDARIES NOW



**NO ONE WAS PUT ON THIS PLANET
TO MEET YOUR NEEDS. PUTTING
THE SELF FIRST DOESN'T DRIVE
PEOPLE AWAY. IT ATTRACTS
THEM. PUTTING THE SELF FIRST
IS ESSENTIAL FOR GETTING WHAT
ONE WANTS IN LOVE AND LIFE.**

DR. ROBERT GLOVER

AUTHOR



HE COMMUNICATES WITH CLARITY

11

He has a capacity to compassionately listen with full presence, allowing others to heal by simply being heard.

He listens without projecting his own story and answers onto others.

He realises that compassionate listening is a gift and he practices this daily.

Because he knows what he wants he is able to communicate this with clarity and precision.

He knows that communication within relationships is much more than words.

He communicates with his words, his eyes, his ears, his actions, and more importantly with his full presence.

**START COMMUNICATING
WITH CLARITY NOW**



**THE WORD LISTEN
CONTAINS THE SAME
LETTERS AS THE
WORD 'SILENT.'**

ALFRED BRENDA L

PIANIST, POET AND AUTHOR



HE IS PART OF A TRIBE

SECRET

12

He has shifted from a world of independence
to a world of interdependence.

He is no longer in competition with
himself or with other people.

He realises that one of the most powerful
things we can do to thrive is be part of a tribe.

He lives in community, surrounding himself
with inspiring people who share the same
values and vision.

He is also part of a strong brotherhood of men.

This gives him a deep sense of belonging in the world.

FORM YOUR TRIBE NOW



**LIFE DOESN'T MAKE
ANY SENSE WITHOUT
INTERDEPENDENCE. WE
NEED EACH OTHER, AND
THE SOONER WE LEARN,
THE BETTER FOR US ALL.**

ERIK ERIKSON

PSYCHOLOGIST



ACTIONS

1. START TO PRACTICE ACTING FROM AWARENESS NOW
2. START OWNING YOUR BEHAVIOUR NOW
3. START THE PROCESS OF ACCEPTING YOUR PAST NOW
4. MAKE A COMMITMENT TO START RESTING DEEPLY NOW
5. START RESPECTING YOUR BODY NOW
6. CONSERVE YOUR ENERGY AND FEEL ALIVE NOW
7. START TO FEEL YOUR EMOTIONS NOW
8. START TO ACCEPT YOUR IMPERFECTIONS NOW
9. START TO FEEL DEEPER INTO YOUR MISSION NOW
10. START TO SET YOUR BOUNDARIES NOW
11. START TO COMMUNICATE WITH CLARITY NOW
12. FORM YOUR TRIBE NOW

WHAT ARE YOU WAITING FOR ?



CRAIG WHITE

WHO AM I?

I AM A HIGH PERFORMANCE MEN'S COACH AND I HAVE WORKED WITH MEN IN VARIOUS WAYS FOR OVER 2 DECADES.

I AM PASSIONATE ABOUT WORKING WITH YOU, IF YOU WANT TO RECLAIM YOUR MOJO AND BE THE BEST MAN YOU CAN POSSIBLY BE IN THIS LIFE TIME.

I HAVE THE FULL LIST OF ACADEMIC QUALIFICATIONS, ACCREDITATIONS, AND DIRECT EXPERIENCE, IN EVERY AREA OF HUMAN PERFORMANCE ENHANCEMENT: PHYSICAL, EMOTIONAL, MENTAL, AND SPIRITUAL.

THE SERVICES I OFFER YOU INCLUDE:
HOLISTIC MEN'S RETREATS, MEN'S LIFE COACHING, ONLINE MEN'S CIRCLES
AND INSPIRATIONAL MEN'S TALKS.

**ALLOW ME TO ASSIST YOU TO REGAIN YOUR MOJO,
BE THE BEST MAN POSSIBLE, AND WALK YOUR OWN TALK**



WWW.CRAIGWHITECOACHING.COM