



**10x Life: A breakthrough system to improve focus,  
develop productive habits, and maximize  
willpower-in 5 minutes a day**

*Adam Costa*

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## **Ask yourself, what if you could:**

- **Increase your income by 10x?**
- Be 10x more productive?
- **Spend 10x more time doing what makes you feel most alive?**
- Read 10x more books?
- **Travel to 10x more places?**
- Run 10x farther?
- **Do 10x more pushups?**
- Have 10x more friends?
- Grow your business by 10x?
- **Learn 10x more things?**
- Feel 10x better about yourself?

**If you'd like to learn how, keep reading.** Because I've created this system to help you get breakthrough results—in any part of your life—through scientifically proven techniques.

## **In this book, you'll discover how to:**

- define what you want from life (and how to get it).
- **increase your results by up to 10x.**
- create a rock-solid set of good habits that force you to improve every day, practically on autopilot.
- **trust yourself to achieve your goals**—by using a proven system for self-improvement.
- **use manifestation and visualization techniques the right way** (which almost nobody does).
- **block the three types of distraction.**
- **stop procrastinating.**
- **define your goals**—in a fun, easy way that's like playing a board game.
- **conserve your willpower**—so you can use it when you need it most.
- **get rid of anxiety.**
- **boost your productivity.**
- **improve your self-esteem and discipline**—in as little as 5 minutes a day.

- use business project management tools like kanban, scrum, and agile to **achieve breakthrough success**.
- follow through on everything—and **discover the “magic word” that increases follow-through by 61%**.

## **What you’ll get in this book:**

**Chapter 1: Find your purpose.** You’ll discover questions to uncover your true purpose in life.

**Chapter 2: Map out life.** I’ll show you a free tool to visualize your goals so you can wake up every day, ready to kick ass.

**Chapter 3: Leverage kanban and SMART goals.** You’ll add your goals into a simple framework to help you succeed.

**Chapter 4: Maximize your willpower.** You’ll learn how to conserve willpower, how to strengthen it, and when you should—and shouldn’t—rely on it.

**Chapter 5: Build rock-solid routines.** You’ll learn the smart way to build routines, so you can improve on autopilot.

**Chapter 6: Block distractions.** Discover the crippling effects of distraction—and the “magic word” proven to reduce distractions by at least 64%.

**Chapter 7: Follow through.** You’ll get 11 different techniques to instantly strengthen your follow-through and get more done.

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