

Noelle Pikus Pace Presents

*Life*

STACKING



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**INTRODUCTION**

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12 Elite Stacking Principles

# INTRODUCTION

## Welcome to Life Stacking!

Life Stacking is the answer to living a fulfilled and exceptional life.

It holds the universal and foundational steps that takes athletes, business executives, moms, entrepreneurs, teams, and even kids through the process of shifting from good to great. Nothing like this has ever been created before. Life Stacking is the road map to successful living.

### Who Should Take this Course?

If you have been searching for purpose and direction in your life, this course is for you. If you feel that you haven't reached your potential and don't know what to do... this course is for you. If you have been comfortable and stagnant in your life for quite awhile, this course is for you! If you are at the top of your game and want to be even better- this course is for you! If you feel like you know everything you need to know and don't think a course could ever help you, then (you guessed it!), this class is definitely for you.

## 12 Elite Principles

Life Stacking consists of 12 elite stacking principles. Each principle is structured with three actionable concepts that you will apply weekly. These 12 stacking principles include:

1. **Mindset**
2. **Purpose**
3. **Values**
4. **Strengths**
5. **Relations**
6. **Failure**
7. **Dreams**
8. **Action**
9. **Discipline**
10. **Habits**
11. **Success**
12. **Reflection**

Each principle has been researched and strategically placed in an order that allows for optimal performance and achievement. Let's take a closer look at what these principles are and how they will help you shift from good to great.

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### #1 Mindset Stacking

The 1st principle that you will apply in your life is Mindset Stacking. Our mindset is our view, attitudes and beliefs about everything going on around us and within us. This is the foundational principle to all others. You will become aware of how your thoughts and choices affect your behavior.

### #2 Purpose Stacking

Once you have a strengthened mindset, you will be prepared to better define your life's purpose through Purpose Stacking. Purpose stacking is the 2nd principle. Purpose allows us to create our life by design rather than by default. You will create your own purpose statement. This comes to life as our daily, weekly, monthly and yearly purposes stack together and align with our individual Life Purpose.

### #3 Values Stacking

The 3rd principle of Life Stacking is Values Stacking. Values are defined as "*principles or standards of what is important in life*".

Research has shown that understanding our values is one of the most important factors in determining satisfaction in our work, relationships, and leisure activities.

### #4 Strength Stacking

Once your mindset, purpose and values are stacked and aligned, you are on your way to shift from good to great. You will be prepared to apply the 4th principle which is Strength Stacking. You will look at your talents, qualities and skills in order to offer greater impact and insight toward the life purpose you will create for yourself and the value you can offer to others.

### #5 Relation Stacking

Then, the 5th principle will help you to define your inner circle of relations through Relation Stacking. This will promote awareness to the variety of people in your life and how they influence your thoughts, behavior and dreams. Which relations bring out your best, and which ones bring out your worst?

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### #6 Failure Stacking

Before we go any further, it is imperative to understand that failure will come. The 6th principle of Life Stacking is Failure Stacking. This principle will help you face your fears and view your failures as opportunities for growth. This is perhaps the most immediately influential principle among the the 12 because we are stretched to our limits when, (not "if"), we fail.

### #7 Dream Stacking

Dream Stacking is the 7th principle. It's time to believe in, create and invent your future. Have you ever wanted to juggle or travel to Africa? Maybe you want to learn a language or scuba dive in crystal clear water. The possibilities are infinite.

### #8 Action Stacking

The 8th principle of Life Stacking is Action Stacking. You will create a plan to achieve a goal and then you will take action.

### #9 Discipline Stacking

Taking action is only as strong as the discipline you give to it. The 9th principle of Life Stacking will continue to strengthen every principle before it. Discipline Stacking brings the element of choice and accountability to your life. When you choose discipline, you choose more freedom throughout your life. When discipline is tossed aside, consequences are bound to follow.

### #10 Habit Stacking

Now you will be ready to implement the 10th principle, which is Habit Stacking. This will not only teach you the importance of creating healthy habits, but will also provide a research driven method to create new desired habits in your life.

### #11 Success Stacking

You have now reached Success Stacking. By this point, as you apply Life Stacking to your life, you see the world differently and have a much stronger sense of who you are and what you want out of life. What is

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success? What does it look like to you?  
What can be learned from success?

### #12 Reflection Stacking

Each of the previous 11 elite stacking principles will be greatly benefited as the 12th Life Stacking principle is interwoven throughout each day. Reflection Stacking allows us to look back and celebrate our wins, learn from our struggles, and appreciate the experiences. Reflection Stacking is where the real growth takes place and the shift from good to great is made complete.

You will become more aware of these 12 elite stacking principles in every aspect of your life. As that awareness grows, so will your desire to continuously and consistently improve. You will begin to see that these universal truths enlighten your mind and create possibilities to achieve greatness each and every day. You have greatness within you.

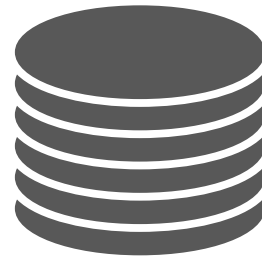
Live intentionally.

Create your best life.

**Let's get Stacking!**

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"There is no elevator to success, you have to take the stairs."

- Zig Ziglar