



CONSCIOUS HUMAN PERFORMANCE PROGRAM

OPTIMIZING HUMAN PERFORMANCE THROUGH THE CONSCIOUS HUMAN PERFORMANCE MODEL

THE CONSCIOUS HUMAN PERFORMANCE MODEL

Jon Christian, a Management and Learning Consultant, Certified Professional Coach (CPC), Energy Leadership Index™ Master Practitioner (ELI-MP), and the first "Conscious Human Performance Strategist" developed the Conscious Human Performance model in 2015.

It is a model of both conscious evolution and human performance which helps us understand and awakening human potential in the areas of - Consciousness (Spiritual Fulfillment), Connection (Relationships), Contribution (Career & Business), Commitment (Health & Fitness), and the experiential X Factor multiplier of Adventure (Life Experiences)

The model looks at five primary areas on one's life, providing a framework to optimize human performance and consciousness which leads to increased fulfillment in life.

HOW TO USE THE CONSCIOUS HUMAN PERFORMANCE MODEL

The five core pillars of the CHP model help us to understand how to connect spiritually to feel alive and awakened, develop deep and fulfilling relationships, succeed at a career or business fully aligned with who we are, and perform at optimal mental and physical levels.

Our consciousness levels, relationships, contribution, physical wellbeing and life experiences all drive our performance and fulfillment in life. These are the primary drivers of this model.

The CHP model moves in an outward expansive direction that shifts from lower levels of consciousness and performance to optimal levels of human performance.

THE BIG TAKEAWAY: IF YOU REMEMBER NOTHING ELSE REMEMBER THIS!

Today the biggest takeaway I'd like for you is to learn from this exercise is that your conscious drives your perception and experiences of the world. By having awareness of these core levels of consciousness you can awaken your human potential. You have a choice in every moment to resonate higher or lower inside of this model which drives your overall happiness and fulfillment in life.

WHAT TO EXPECT WHEN DOING THIS EXERCISE

During this exercise, you'll want to dig deep and not play on the surface. Be honest with yourself and know that regardless of where you are, it is perfect. If you choose to shift in one or more of these areas, great if not, that's OK too. This is not an exercise to uncover what's wrong with you. It's simply a way to gain perspective and awareness of new ways to operate and perceive the world from.

When answering each question resist the urge to choose answers that are in alignment with what you are working towards. Instead be honest with yourself and answer each question as you are today. By answering each question in truth, you will gain a much better understanding of yourself and opportunities for growth.



ASSESSMENT SUMMARY

We've identified 70 key factors and steps that will help you increase your performance, engagement, flow, contribution, and your overall energy and wellbeing, so you can: Attract and new opportunities, optimize daily performance, create deep fulfilling relationships, reduce illness and increase mental and physical performance so that you can focus on global impact and growth,

- A. I am resonating at the highest levels of energetic consciousness.
- B. I am aware of my consciousness levels and belief systems.
- C. I am experiencing deep, loving, connected, fulfilling relationships.
- D. I am attracting a high conscious tribe who passionately supports my mission.
- E. I am alive and awakened to my reason for existence.
- F. I am being abundantly compensated for my unique abilities.
- G. I am in the best shape of my life and feel strong, healthy and energized.
- H. I am feeding my body and mind with the fuel it needs to perform at optimal levels.
- I. I am challenging myself to get outside of my comfort zone daily.
- J. I am connected to the world and sharing life experiences with my tribe.

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PROGRESS CHART

Date	Points (+/-)	Score

CONSCIOUS HUMAN PERFORMANCE: 70 POINT CHECKLIST

#	A	B	C	D	E	F	G	H	I	J
7										
6										
5										
4										
3										
2										
1										

70 POINT CHECKLIST INSTRUCTIONS

Answer the questions from A-J on the following page, tally your points for each question and fill in the columns from the bottom up. Shade a box for every Yes answer you get.

CONSCIOUS HUMAN PERFORMANCE MODEL INSTRUCTIONS

After completing the 70-point checklist above, begin mapping your results on the Conscious Human Performance Model on page six. Mark a dot inside of each of the eight core consciousness areas.

*To find your adventure level, add your scores from questions (I and J) together and divide them by two. Circle your average Adventure (Life Experience) consciousness level.



CONSCIOUSNESS (Spiritual Fulfillment)

A. **(Energy)** I am resonating at the highest levels of energetic consciousness.

- | Yes | No |
|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> I am using energetic self-perception and shift myself and others energetically. |
| <input type="checkbox"/> | <input type="checkbox"/> I am inspired and motivated and easily inspire and motivate others. |
| <input type="checkbox"/> | <input type="checkbox"/> I am creating from a place of flow, power, passion, divine desires, and purpose. |
| <input type="checkbox"/> | <input type="checkbox"/> I am using anabolic energy to expand, fuel, heal, create positive long-term success. |
| <input type="checkbox"/> | <input type="checkbox"/> I am aware of how catabolic energy works and have eliminated it from my life. |
| <input type="checkbox"/> | <input type="checkbox"/> I am positively influencing myself and others and am creating an impact in the world. |
| <input type="checkbox"/> | <input type="checkbox"/> I am experiencing an extremely fulfilling life and experience very little frustration, stress and anxiety, or depression. |

___Number of Yes boxes checked (7 Max)

B. **(Awareness)** I am aware of my consciousness levels and belief systems.

- | Yes | No |
|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> I am aware of what my primary level of consciousness is daily. |
| <input type="checkbox"/> | <input type="checkbox"/> I am using spiral dynamics awareness to operating from higher consciousness levels. |
| <input type="checkbox"/> | <input type="checkbox"/> I am aware of my shadow archetypes and have fully integrated them into my identity. |
| <input type="checkbox"/> | <input type="checkbox"/> I am using a hedonic calendar to create complete flow and focus during the day. |
| <input type="checkbox"/> | <input type="checkbox"/> I am effortless executing and focused on being not doing, I speak the truth fearlessly. |
| <input type="checkbox"/> | <input type="checkbox"/> I am resonating energetically at a level 6 or 7 for the majority of the day. |
| <input type="checkbox"/> | <input type="checkbox"/> I am quickly manifest and experience new realities in my life from the quantum field of oneness. |

___Number of Yes boxes checked (7 Max)

CONNECTION (Relationships)

C. **(Love)** I am experiencing deep, loving, connected, fulfilling relationships.

- | Yes | No |
|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> I am growing together instead of drifting apart from people in my life. |
| <input type="checkbox"/> | <input type="checkbox"/> I am in control of my emotions and feel pure love for myself and others daily. |
| <input type="checkbox"/> | <input type="checkbox"/> I am manifesting new and exciting relationships experiences. |
| <input type="checkbox"/> | <input type="checkbox"/> I am communicating my divine love and accept others for who they are. |
| <input type="checkbox"/> | <input type="checkbox"/> I am fully supported by my family and friend: in challenging situations. |
| <input type="checkbox"/> | <input type="checkbox"/> I am using a joint identity matrix to build a strong and positive family environment. |
| <input type="checkbox"/> | <input type="checkbox"/> I am in no compromise relationships in my life and I do not judge others. |

___Number of Yes boxes checked (7 Max)

D. **(Tribe)** I am attracting a high conscious tribe who passionately supports my mission.

- | Yes | No |
|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> I am co-creating with others who are fully aligned with my mission and calling. |
| <input type="checkbox"/> | <input type="checkbox"/> I am able to communicate my beliefs and mission to others and fearlessly ask for help. |
| <input type="checkbox"/> | <input type="checkbox"/> I am regularly participating in groups that align with my passion and purpose. |
| <input type="checkbox"/> | <input type="checkbox"/> I am easily attracting new people/clients and opportunities in my life. |
| <input type="checkbox"/> | <input type="checkbox"/> I am confident that the seven closest people in my life have my back. |
| <input type="checkbox"/> | <input type="checkbox"/> I am very comfortable in conflict with others and am not afraid to speak up. |
| <input type="checkbox"/> | <input type="checkbox"/> I am creating new people daily who add to the quality of my life. |

___Number of Yes boxes checked (7 Max)



CONTRIBUTION (Business & Career)

E. **(Career)** I am alive and awakened to my reason for exittance.

- | Yes | No |
|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> I am someone who jumps out of bed in the morning am excited to start my day. |
| <input type="checkbox"/> | <input type="checkbox"/> I am alive and awakened in my professional life and people know it. |
| <input type="checkbox"/> | <input type="checkbox"/> I am doing what I'd be doing if I had a billion dollars in the bank. |
| <input type="checkbox"/> | <input type="checkbox"/> I am working on a mission bigger than me that I believe in. |
| <input type="checkbox"/> | <input type="checkbox"/> I am using intuition to make split-second decisions and living each day on purpose. |
| <input type="checkbox"/> | <input type="checkbox"/> I am living each day in my purpose and have daily habits that support my dreams |
| <input type="checkbox"/> | <input type="checkbox"/> I am taking action on goals that are inspiring and I operate in my unique abilities. |

___Number of Yes boxes checked (7 Max)

F. **(Abundance)** I am being abundantly compensated for my unique abilities.

- | Yes | No |
|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> I am honoring my highest values in the work I do in the world. |
| <input type="checkbox"/> | <input type="checkbox"/> I am being abundantly compensated and making what I desire. |
| <input type="checkbox"/> | <input type="checkbox"/> I am effortlessly creating, new clients, new business and career opportunities. |
| <input type="checkbox"/> | <input type="checkbox"/> I am articulating my mission in a way that people understand and see value in. |
| <input type="checkbox"/> | <input type="checkbox"/> I am sharing my vision passionately with others daily. |
| <input type="checkbox"/> | <input type="checkbox"/> I am providing a 10x value in the lives of my clients and inside of my organization. |
| <input type="checkbox"/> | <input type="checkbox"/> I am easily and graciously receiving money and support from others. |

___Number of Yes boxes checked (7 Max)

COMMITMENT (Health & Fitness)

G. **(Fitness)** I am in the best shape of my life and feel strong, healthy and energized.

- | Yes | No |
|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> I am in the best shape of my life and have no physical limitations. |
| <input type="checkbox"/> | <input type="checkbox"/> I am energized throughout the day, stay able to stay focused and present. |
| <input type="checkbox"/> | <input type="checkbox"/> I am powerful, strong and make healthy choices. I sleep for 8 hours and meditate. |
| <input type="checkbox"/> | <input type="checkbox"/> I am able to do 50 consecutive pushups and run a mile. |
| <input type="checkbox"/> | <input type="checkbox"/> I am taking breaks during work hours for 15-20 minutes for physical activity. |
| <input type="checkbox"/> | <input type="checkbox"/> I am exercising 2-5 times a week for a minimum of 30-60 minutes. |
| <input type="checkbox"/> | <input type="checkbox"/> I am starting my day with morning movement and have workout routines |

___Number of Yes boxes checked (7 Max)

H. **(Health)** I am feeding my body and mind with the fuel it needs to perform at optimal levels.

- | Yes | No |
|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> I am eating healthy foods that are adding to my energy instead of it taking away. |
| <input type="checkbox"/> | <input type="checkbox"/> I am taking vitamins daily to supplement my daily diet. |
| <input type="checkbox"/> | <input type="checkbox"/> I am eating three meals a day and drink 32oz of water first thing in the morning |
| <input type="checkbox"/> | <input type="checkbox"/> I am burning just as many calories as I am taking in daily. |
| <input type="checkbox"/> | <input type="checkbox"/> I am doing some sort of light activity before meals. |
| <input type="checkbox"/> | <input type="checkbox"/> I am not going out to restaurants that serve large portions and unhealthy foods. |
| <input type="checkbox"/> | <input type="checkbox"/> I am daily or occasionally fasting and cleansing my body. |

___Number of Yes boxes checked (7 Max)

ADVENTURE (Life Experiences)

I. (Adventure) I am challenging myself to get outside of my comfort zone daily.

- | Yes | No |
|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> I am challenging myself to protect my first 90 min. and complete most important tasks. |
| <input type="checkbox"/> | <input type="checkbox"/> I am challenging myself to fearlessly express gratitude and love to others. |
| <input type="checkbox"/> | <input type="checkbox"/> I am challenging myself to live my ideal day and follow a schedule that honors my life. |
| <input type="checkbox"/> | <input type="checkbox"/> I am challenging myself to do one thing a day that scares me. |
| <input type="checkbox"/> | <input type="checkbox"/> I am challenging myself each day to take immediate action on the things I desire. |
| <input type="checkbox"/> | <input type="checkbox"/> I am challenging myself to say yes to that which serves me and no to all else. |
| <input type="checkbox"/> | <input type="checkbox"/> I am challenging myself at least 4% outside of my comfort zone daily |

___ Number of Yes boxes checked (7 Max)

J. (Adventure) I am connected to the world and sharing life experiences with my tribe.

- | Yes | No |
|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> I am investing time outdoors in nature to reconnect with myself and body. |
| <input type="checkbox"/> | <input type="checkbox"/> I am feeling there is more than enough time in the day, time often stands still. |
| <input type="checkbox"/> | <input type="checkbox"/> I am investing time in travel at least 4 times a year and experiencing new adventures. |
| <input type="checkbox"/> | <input type="checkbox"/> I am checking off my bucket list items at least once a month. |
| <input type="checkbox"/> | <input type="checkbox"/> I am spending less than 8 hours a day behind a computer or phone screen |
| <input type="checkbox"/> | <input type="checkbox"/> I am enjoying at least 1-2 hobbies and investing quality time with family. |
| <input type="checkbox"/> | <input type="checkbox"/> I am investing time with those I love and regularly journal my thoughts around these experiences. |

___ Number of Yes boxes checked (7 Max)

WHAT'S NEXT?

70 POINT CHECKLIST INSTRUCTIONS

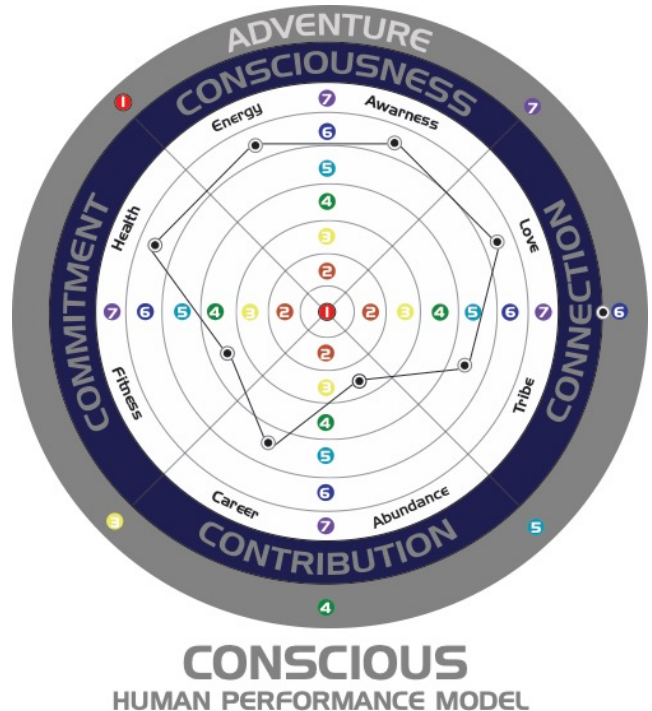
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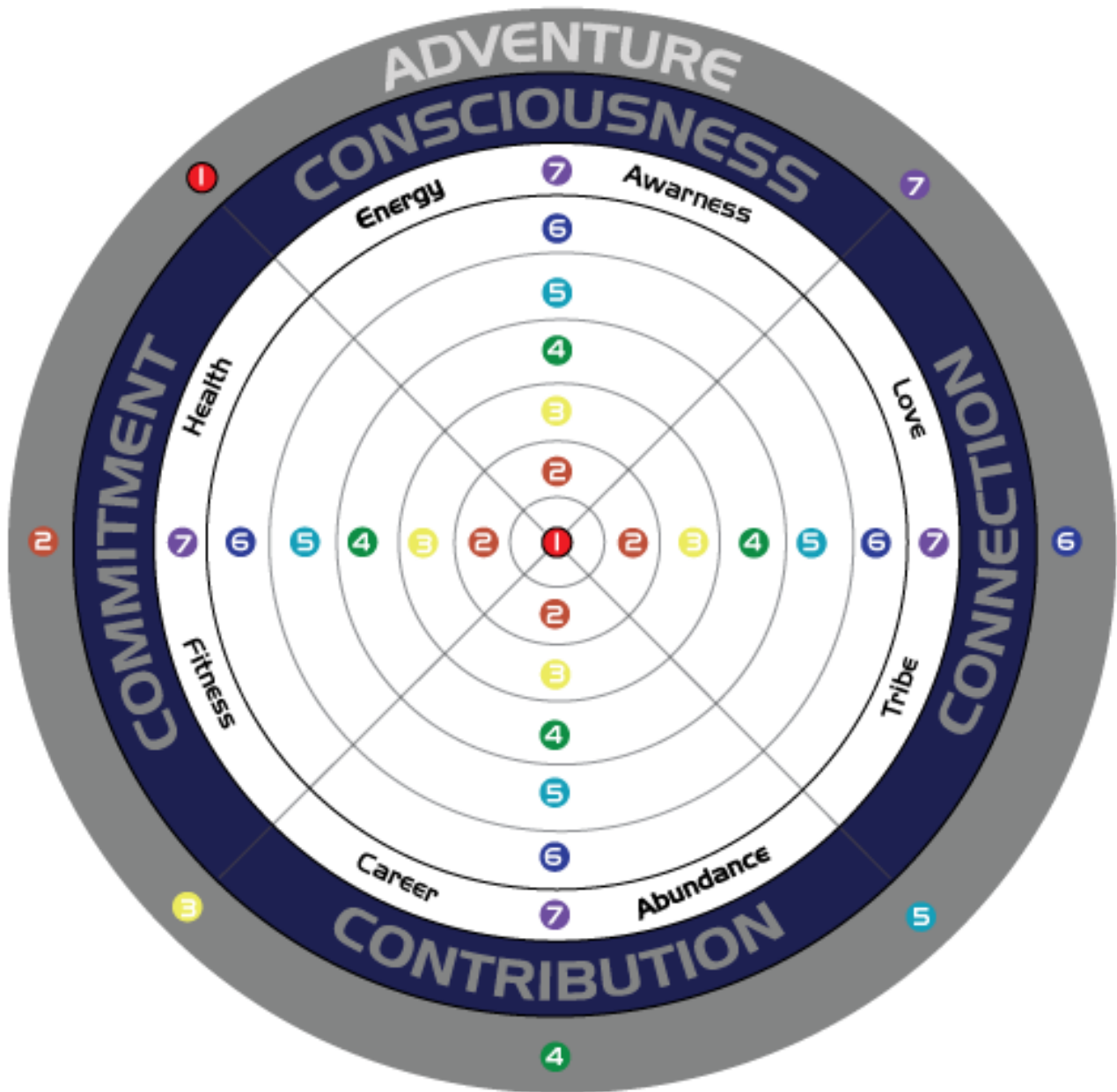
*To find your adventure level, add your scores from questions (I and J) together and divide them by two. Mark a dot inside your average Adventure (Life Experience) consciousness level.

EXAMPLE





ZERKERS
IMPACT CONQUER LIVE



CONSCIOUS HUMAN PERFORMANCE MODEL



CONSCIOUS HUMAN PERFORMANCE REFLECTION QUESTIONS

Be in deep consideration of the following questions and share your responses with the people you know best and then post your responses in Zerkers Conscious Human Performance Facebook group.

What are your levels of consciousness inside each level of the CHP model?

What area of your life would you love to work on first?

What is one belief that you can shift to start energetically resonating and taking action from a 6 or 7 consciousness level?

WHAT'S NEXT?

Once you complete the reflection questions above, take a moment to reflect on your answers and begin to integrate this new awareness and belief consciousness system into your life.

To experience conscious human performance fully, schedule your debrief session with your certified Conscious Human Performance Strategist.

[Click here to schedule your call.](#)

The Conscious Human Performance Model is based on concepts derived from original work by Jon Christian and the study of concepts made first available from Brad Gerlach, Yanik Silver, Jennifer Russell, Bryan Franklin, Bruce D Schneider and the Institute for Professional Excellence in Coaching (iPEC), Stephan Stavrakis, Steven Kotler, Clare W. Graves and a number of world leading experts which have been refined by Jon from working with over 500+ individuals and companies in different countries around the world.