



New ZTD 2021 Sequence

Announcement: June 23, 2021

New:			Original:	
New Module Sequence:	New Sequence - Video Title:	Previously this was:	Original Sequence:	Original Sequence - Video Title
Module 1 - Goals (Finding Your North Star for Limitless Motivation)			Week 1: Finding Your North Star for Limitless Motivation	
Module 1 Day 1	Defining Dangerous	Week 1 Day 1	Week 1 Day 1	Z2D Overview and Difference between Z&D
Module 1 Day 2	Building A Dangerous Mindset	Week 1 Day 3	Week 1 Day 2	Flow History & Flow Foundations & Flow Science & Triggers
Module 1 Day 3	Harnessing Your Strengths and Invisible Skills	Week 3 Day 4	Week 1 Day 3	Building a Dangerous Mindset
Module 1 Day 4	Motivation and Goals	Week 1 Day 5	Week 1 Day 4	Peak Performance Cognition
Module 1 Day 5	Unlocking Pristine Clarity	Week 1 Day 6	Week 1 Day 5	Motivation and Goals
Module 1 Day 6	Liberation Through Elimination	Week 5 Day 4	Week 1 Day 6	Unlocking Pristine Clarity
Module 1 Day 7	Summary and Active Recovery: Visualization	Week 1 Day 7	Week 1 Day 7	Summary & Active Recovery: Visualization Exercise
Module 2 - Time (Becoming a Time Jedi for Super Fluid Work)			Week 2: Optimizing Your Physiology With Positive Psychology	
Module 2 Day 1	Redefining Productivity Through Leverage	Week 5 Day 1	Week 2 Day 1	Positive Psychology Basics
Module 2 Day 2	Asymmetric Warfare, Power Moves, and Extreme Intentionality	Week 7 Day 1	Week 2 Day 2	Sleeping Your Way To Self Actualization
Module 2 Day 3	Shattering the Myth of Time	Week 5 Day 2	Week 2 Day 3	Relationships As Oxygen & Attitudinal Contagion
Module 2 Day 4	The Myth of Rushing	Week 5 Day 3	Week 2 Day 4	Fuelling Your System For Flow
Module 2 Day 5	Liberation Through Simplification	Week 5 Day 5	Week 2 Day 5	Building A Peak Performance Body
Module 2 Day 6	Calendar Worship and Time Tracking	Week 7 Day 3	Week 2 Day 6	High Performance Mindfulness & Gratitude
Module 2 Day 7	Summary and Recovery: Mind Wandering Cognitive Load Dump	Week 5 Day 7	Week 2 Day 7	Summary & Active Recovery: Yoga Nidra
Module 3 - Stress (Stress Proofing, Burnout Immunity & Consistent Flow)			Week 3: Consistently Triggering Flow States	
Module 3 Day 1	The Art of Burnout Proofing	Week 4 Day 4	Week 3 Day 1	Internal Flow Triggers & Complete Concentration
Module 3 Day 2	Becoming a Burnout Proof Executive Athlete	Week 4 Day 3	Week 3 Day 2	Cultivating Psychological Flow Triggers
Module 3 Day 3	Sleeping Your Way to Self Actualization	Week 2 Day 2	Week 3 Day 3	Driving Flow With Dopamine
Module 3 Day 4	The When of Peak Performance	Week 4 Day 6	Week 3 Day 4	Harnessing Your Strengths & Invisible Skills
Module 3 Day 5	Mastering Your Autonomic Nervous System	Week 4 Day 5	Week 3 Day 5	Becoming A Feedback Fiend. Unlocking Autonomy & Mastering VUCA
Module 3 Day 6	Adaptability, Antifragility and Post Traumatic Growth	Week 8 Day 6	Week 3 Day 6	Leveraging VUCA & Creating Flow Triggers
Module 3 Day 7	Summary and Active Recovery: Resonant Breathing	Week 4 Day 7	Week 3 Day 7	Summary & Active Recovery: Mindfulness Self-Talk
Module 4 - Flow (Consistently Triggering Flow States)			Week 4: Stress Proofing, Burnout Immunity & Consistent Flow	
Module 4 Day 1	Flow History, Flow Foundations, Flow Science, and Flow Triggers	Week 1 Day 2	Week 4 Day 1	The Flow Cycle (Struggle & Release)
Module 4 Day 2	The Flow Cycle (Struggle and Release)	Week 4 Day 1	Week 4 Day 2	The Flow Cycle (Flow & Recovery)
Module 4 Day 3	The Flow Cycle (Flow and Recovery)	Week 4 Day 2	Week 4 Day 3	Becoming An Executive Athlete
Module 4 Day 4	Internal Flow Triggers and Complete Concentration	Week 3 Day 1	Week 4 Day 4	The Little Known Art of Burnout Proofing
Module 4 Day 5	Cultivating Psychological Flow Triggers	Week 3 Day 2	Week 4 Day 5	Mastering Your Autonomic Nervous System
Module 4 Day 6	Driving Flow with Dopamine	Week 3 Day 3	Week 4 Day 6	The When of Peak Performance
Module 4 Day 7	Summary and Active Recovery: Mindfulness Self-Talk	Week 3 Day 7	Week 4 Day 7	Summary and Active Recovery: Resonant Breathing
Module 5 - Focus (Building Grit to Develop Monk Like Focus)			Week 5: Becoming A Time Jedi For Super Fluid Work	
Module 5 Day 1	Forging Unstoppable Grit	Week 6 Day 1	Week 5 Day 1	Redefining Productivity Through Leverage
Module 5 Day 2	Dopamine Detoxing, Battling Brain Melt, and Defending Attention	Week 6 Day 2	Week 5 Day 2	Shattering the Myth of Time
Module 5 Day 3	Overwhelm Assassination	Week 6 Day 3	Week 5 Day 3	The Myth of Rushing
Module 5 Day 4	Severing Technology's Attention Tentacles	Week 6 Day 4	Week 5 Day 4	Liberation Through Elimination
Module 5 Day 5	Assembling Your Temple of Flow	Week 6 Day 5	Week 5 Day 5	Liberation Through Simplification
Module 5 Day 6	Saying No For Flow	Week 6 Day 6	Week 5 Day 6	Liberation Through Lubrication
Module 5 Day 7	Active Recovery: Wall Staring For Dopamine Deprivation and Grit Building	Week 6 Day 7	Week 5 Day 7	Summary and Active Recovery: Mind Wandering Cognitive Load Dump
Module 6 - Recovery (Optimizing Your Physiology with Positive Psychology)			Week 6: Building Grit To Develop Monk Like Focus	
Module 6 Day 1	Positive Psychology Basics	Week 2 Day 1	Week 6 Day 1	Forging Unstoppable Grit
Module 6 Day 2	Relationships as Oxygen and Attitudinal Contagion	Week 2 Day 3	Week 6 Day 2	Dopamine Detoxing, Battling Brain Melt & Deafening Attention
Module 6 Day 3	Unlocking the Force of Feedback	Week 3 Day 5	Week 6 Day 3	Overwhelm Assassination
Module 6 Day 4	Fueling Your System for Flow	Week 2 Day 4	Week 6 Day 4	Cutting Technolo

Module 6 Day 5	Building a Peak Performing Body	Week 2 Day 5	Week 6 Day 5	Assembling Your Temple of Flow
Module 6 Day 6	High Performance Mindfulness and Gratitude	Week 2 Day 6	Week 6 Day 6	Saying No For Flow
Module 6 Day 7	Summary and Active Recovery: Yoga Nidra	Week 2 Day 7	Week 6 Day 7	Active Recovery: Wall Staring For Dopamine Deprivation & Grit Building
Module 7 - Lifestyle (Finalizing Your High Flow Lifestyle)			Week 7: Finalizing Your High Flow Lifestyle	
Module 7 Day 1	The Art of the One Day Month	Week 7 Day 5	Week 7 Day 1	Asymmetric Warfare, Power Moves & Extreme Intentionality
Module 7 Day 2	Leveraging VUCA and Creating Flow Triggers	Week 3 Day 6	Week 7 Day 2	The End of Procrastination & Buttery Execution
Module 7 Day 3	Liberation Through Lubrication	Week 5 Day 6	Week 7 Day 3	Calendar Worship & Time Tracking
Module 7 Day 4	The End of Procrastination and Buttery Execution	Week 7 Day 2	Week 7 Day 4	Bedtime Flow & Wake Up Flow
Module 7 Day 5	Bedtime Flow and Wake-Up	Week 7 Day 4	Week 7 Day 5	The Art of The One Day Month
Module 7 Day 6	Gamifying Elite Performance	Week 7 Day 6	Week 7 Day 6	Gamification
Module 7 Day 7	Summary and Active Recovery: Image Rehearsal Therapy	Week 7 Day 7	Week 7 Day 7	Summary & Active Recovery: Image Rehearsal Therapy
Module 8 - Future (Flourishing Over the long term)			Week 8: Flourishing Over the Long Term	
Module 8 Day 1	80:20 EQ and Group Flow	Week 8 Day 1	Week 8 Day 1	80:20 EQ & Group Flow
Module 8 Day 2	Becoming a Group Flow Catalyst	Week 8 Day 2	Week 8 Day 2	Becoming A Group Flow Catalyst
Module 8 Day 3	The 101 on Peak Performance Leadership	Week 8 Day 3	Week 8 Day 3	The 101 On Peak Performance Leadership
Module 8 Day 4	Peak Performance Cognition	Week 1 Day 4	Week 8 Day 4	Mitigating The Dark Side of Flow
Module 8 Day 5	Preventing Self Sabotage	Week 8 Day 5	Week 8 Day 5	Preventing Self Sabotage
Module 8 Day 6	Mitigating the Dark Side of Flow	Week 8 Day 4	Week 8 Day 6	Resilience & Post Traumatic Growth
Module 8 Day 7	Summary, Completion, and Reflection	Week 8 Day 7	Week 8 Day 7	Summary, Completion & Reflection