

“Inspirational and authentic.”
-Kamilla Farajollah

Positive Leader

**HOW GROWTH, GRIP AND GRIT
MAKE YOU UNSTOPPABLE**



MATEO MELICHAR, MBA

About the author

Mateo Melichar was born in the Czech Republic and moved abroad when he was 20. Mateo lived in the Netherlands, Spain, and now Germany.

Mateo is a true European citizen and loves international cultures and cross-cultural relationships. He has pursued bachelor studies in international business & management, his master's in marketing, and a Master's in business administration. Mateo is a student of life and has pursued courses in psychology, neuroscience, and leadership.

Some iconic projects for Bentley Systems, full-service agencies like DAC, software and tech companies like Intive, and building his own health-tech startup, Fit Fun Life, have marked Mateo's work life for the past 10 years.

Mateo has a heart for competitive sports and has competed in pro-bodybuilding obstacle racing, and table tennis. Since a young age, Mateo has been fiddling with building peak health and an unbreakable physique while becoming an awesomely positive leader and reducing the number of sick days. This pushed Mateo to experiment with various approaches and develop the character of a true high-performance athlete.

With his servant Eastern European heart and Dutch mind, he helps individuals and companies to improve culture and double down on leadership, communication, and the well-being of individuals and teams.

Mateo is certified as a fitness, health, and freediver. Mateo lives in Munich, and his spouse, Kate, challenges each other to improve individually and as a couple.

Also available from Your Mateo Melichar:

Hello there

You can also get the Complete Positive Leader Course, which accompanies this book.

You can write to info@fit-budd.com

Positive Leader

Copyright © 2024 by Mateo Melichar

Published by Mateo Melichar www.mateomelichar.co

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means without written permission from the author.

Dedication

To my life partner Kate, my friends, my dad, who gave me a great sense of discipline, and my dear mom and stepdad for their open arms, and who inspired me to be a kind giver, gave me the faith and confidence to know in my heart that I can accomplish anything and to my sister, who always stood up for me and cheered me on. Also, I want to thank my stepmom, who has cared for me, inspired me to pursue my dreams abroad, and supported me in many ways to make it happen.

Life is full of obstacles, and where we come from dictates the strategies we learn to cope with life. Yes, our backgrounds decide what is our starting point.

It was not in my cards to be where I am today, yet I am here because of people who believed in me, encouraged me, and made me better, perhaps without them even knowing.

I want to thank my dear growth friends and acquaintances: Dean Smith, Debora Gemmel, Sabine Tietz, Christian Peter, Christine Cheminay, and the rest of the Business Future Mastermind, Annamaria Fato, Judym Zawada, Stefan Reisinger, Dexter Geertman, Harold, Julia and Helmi Lever, Timi Orosz, Kamilla Farajollah, Mario Lemieux, Simon and Regina Round, Natascha, and Olek Biliavsky Hala Giady, Abdul Basheer, Fatima K, the Fit Fun Life team, Cigdem Bagci, Hannah Zenses, Regina and Jan Vollmann, Timo Bethlehem, Adrian and Jenna Threadgold, Reiner Götz, John Boyle, Laura Millazo, Kristina Carerra, Illias Zaiferopullous, Edwin Merk, Michael Facey, Wilco Huisman, Yana Sergeeva, Svenja Brau, Anika Russ, Ridan Muradov, Gijs Dankers, Ietje Dikken, Roel Rietberg, Kees Tesselhof, Irene de Bruijn, David Matamala, Milan & Martin Satke, Martin Kabatnik, Kaspar Klepal, and many more! Thank you for your support, love, and endless gifts of wisdom.

When we venture out there and want to grow and make an impact as human beings, we will face obstacles, challenges, and brutal criticism. We can become better only to the extent we pursue growth and mold ourselves into a better version, never giving up. Life is lived in decades, not days, and those who have fought in the trenches know that with time, great results come. We must be patient.

It is hard to describe my appreciation, love, and gratitude for you reading this. Thank you! I have been fortunate to meet so many great people, friends, mentors, and peers in different stages of my life who helped me in different ways and made me stronger and more resilient. This book helps you to become stronger and better and help others on your journey.

Thank you all for your wisdom and shared advice. All the advice has profoundly shaped me and elevated my character and values. I believe that together, we are stronger. Let us inspire ourselves again and make a difference.

Introduction & Thank You!

Life is here to be tasted fully, allowing us to ask ourselves daily why we live. We initially depend on our parents, perhaps our teachers, until we set ourselves free and are courageous enough to venture out and truly shape our destiny.

It might sound cheesy, but we often pursue accolades because it makes us feel better; instead of thinking, we might inspire others. As we inhale and gather intelligence on our journey, we apply wisdom, exercise our knowledge, and field-test our theories.

This is where the theory meets reality, and our principles meet the world. The world can be a harsh place to navigate and is full of temptations like social media, which can cause us to lose ourselves and compare our lives with those who seemingly made it.

During this time together, I would like to provide you with my perspective on leading yourself effectively for maximum high performance. This guide offers juicy ideas to keep building your inner resilience, optimism, and emotional agility no matter what. I have faced sheer adversity just like you. But the difference between the stress levels of many people I met, and their stress levels is the ability to dig deeper when needed and never give up. Many of these tough decisions led to many crossroads and required tough decisions. I will provide essential tools to help solidify your life in different areas to withstand anything.

Even if the perspective is something you have heard before, always ask yourself how much of that. What are you doing on a day-to-day basis? My life has improved immensely because of my consistency and ability to pivot 360 degrees when necessary and start all over.

On our roads to our personal glory and new horizons, there is always room for a new level, but it requires us to be able to go back to the basics and drop our ego.

It requires a massive reservoir of humility to be a learner and a person who can adapt to anything.

In today's turbulent time and shaky seasons, many people are comfortable and are worried about the what-ifs of their future without really preparing for it.

But that is not you; you are here, and I know that you want to make a difference, not just in your own life but in your community and perhaps even our society.

Leaders are servants, and your positive character can only be built by learning to navigate the raging water of stress while being motivated enough to climb higher.

So, to see your life thrive again in the decades to come, you must focus on solidifying the foundation. Many of those tools might be known, some might not.

So, always ask yourself, am I applying these tools daily? Be kind to yourself and remember to play the long game.

Thank you for your time and attention; enjoy, get enriched, and get inspired, but more than anything, be bold enough to try new things. Let your curiosity guide you; let your wisdom and adventure be your guides. Stretch yourself, challenge your team, and make the organization where you work better.

It is possible when we build the energy needed to inspire, manage stress, and lead a heroic life in our ways.

Why do leadership and character go hand in hand?

When I started writing this book, I wanted to give you only the tools, and you will understand that this could help you in other areas and amplify the positive leader in you.

But, as I dove deeper into the chapters, I realized that I could create such deep friendships and improve my life because of my positive character and personality traits, which started upon a decision a long time ago and the tools I shared with you below. Also, the fact that I decided to become a leader in my own life helped me stake a claim over my life and do something great.

I hope that over the years, I leave people better than I found them.

Many who met me in person experienced this positive effect when we spent time together. If I left you inspired, I have done my part. I am a man of deep values, but I am very agile and can quickly change the strategy if it does not serve me well.

The many people I have met in my life due to being in sales and marketing are astounding. So, many folks out there are stubborn in their convictions and afraid to let go. But thinking you are right is a one-way street, a dangerous path to one type of life—a life of suffering and sorrow. You corner yourself. But true wisdom comes through being a student of life and open-minded to change. What always puzzled me is why so few people are positive, and even fewer embody the nature of the positive character of a leader.

It is not that I am unique, but I have applied these tools patiently over many years. You could close this book and stop reading now if you decide to be a diligent learner, always curious, always taking care of others, and always making a difference in your unique way.

When you go through life, you quickly realize that grades are irrelevant; most of the time, it is about the people you know; it is about embodying the true values of a leader.

The more consistent you are with all these tools I will share with you, the more awesome person you will become and magnetic for others. People will see themselves in you and will want to make their mark. So, I encourage you to choose to work on your character.

So, as you go through the chapters, I encourage you to look at things with a new lens. Not as with those lenses- I've been there and seen that.

No, look at things from a fresher perspective. ;-)

You might tend to beat yourself up because you will notice many of those tools are no surprise. I want you to be an empathizer to yourself.

Also, it is easy to slip into negativity and criticize yourself when you come back in one month and realize you have not applied any of this. Please choose to be an internal optimist and coach to yourself.

Choose to maintain a healthy dose of fun. Be a peacekeeper, do not tolerate drama, and do not wage war against yourself. Learn to be your true friend again. Every promise fulfilled is a deposit towards your character and complete positive leader.

And lastly, be a self-believer. You will miss out if you do not cheer yourself on every day. Do not seek outside approval. If we look for external validation from others, we will be disappointed because many folks are busy validating themselves.

So, go out there and have some fun with all the principles.

Remember, the goal is to test, play, and implement.

Treat this like a buffet; if one thing serves you, great, use it. If all of it serves you, implement it even better.

Remember, when you were small, just like I was, we did not know what the future held. I had no idea I would ever get to write a book or share it with my friends and loved ones. I was a kid who was fearful and obedient but, deep inside, positive.

You can see my tiny smile in the picture. May you go, be conscious on this journey, awaken the little kid inside you to guide you when times are tough, and grow into a human being you are proud of.



CONTENTS:

Introduction & Thank You!	5
Section 1: Growth.....	9
What is growth?	10
Chapter 1 Energy	12

Section 1: Growth

"Great works are performed not by strength but perseverance."

-Samuel Johnson

What is growth?

How does growth contribute to a better character?

You might wonder why this term is so important. The term growth is related to progress and whether we move ahead. You can read the books *Grit* by Angela Duckworth and *Mindset* by Carol Dweck about growth versus fixed mindset.

It is all about adaptation. Humans are great adaptation machines, and we can withstand almost anything. But, it is not enough to hope to adapt; we have to choose it actively and deepen our levels of resilience –to get through challenging life events optimistically.

As a kid, I never thought of growth the way I feel about it today. It was about obeying rules, protecting myself from bullies, and seeking quiet moments to listen to the whispering voice inside and the bright future.

I grew up on the farm, and I only knew hard work. But, when I managed to steal some moments by myself, I wandered the fields, walked through the forest, and spent time daydreaming and staring into the far distance.

Due to the brutal nature of the Eastern European lifestyle and growing up in a tiny regional village, where hazing, bullying, and violence were normal.

Perhaps you have grown up in a cushioned environment, sheltered from the world's dangers, but if you have not, you know that struggle is real and success is not guaranteed.

The only factors you have are your decisions, your efforts, and your perseverance.

Right there and then, I decided to build my future, overcome the naysayers, and craft my life as I wanted.

I did not know back then that I had decided to grow and that growth comes when we persevere through difficulties and obstacles.

So, look at your life and choose to overcome it. Have you reaped the benefits today?

This is what growth is about; it is not just going up and up but going back and around; growth happens even when we do not see it.

I hope you can use some of these tools like I have done for the past 20 years to improve and see your life shine even brighter.

Remember, being a positive leader means facing obstacles head-on and deciding to have fun to figure a way around them.

You will be discouraged so many times. But you cannot let this feeling overpower you. Especially if I can put a finger on what is happening within us human beings, it is the sense of making mistakes and being seen as perfect.

That is the opposite of making mistakes.

The system often tells us we must have perfect grades, behave well, and respect others. Nothing is wrong with it, but with time, you might feel like you could be better at taking risks.

I want this section to inspire you so you can hope again and feel free to stretch. Even if the dream seems unattainable, go out there and do it.

I believe in you! But you have to believe in yourself! You started here; you decided to pick up this book. You will be stronger at the end of this journey.



Chapter 1 Energy

"Powerplant does not have energy; it generates it."

-Brendon Burchard

Chapter 1 Energy

I grew up skinny, and my aunt laughed at me; I felt embarrassed many times do not even want to think about the constant bullying.

I worked hard around the house and gained strength. But it was not enough; I envisioned a better version of myself and decided to do something about it. It took years to fulfill that promise, but I did that. In 2017, I competed in a Pro-Bodybuilding competition, which catapulted me to a new level of pushing physical and mental boundaries and opened my horizons to push my limits even further. I started to participate in obstacle races and joined a local MMA club.

I started to believe in myself and that I was not unique. But I knew I had a mission. So, believe in yourself!

You can dream about it, or you can do something about it. If you are lazy, I might rock your perspective to the core. But, even if you are not, there is always a next energetic level for you. You may find yourself in a situation where you need to change and pivot. Maybe you are injured now and need to get back to the basics. Don't we all?

It is only possible with the right amount of energy.

Without a fit body, your life will be sluggish; not only will you age faster, but you also will not have the energy and vitality to tackle your life at your best. Ask ChatGPT or BingChat about the increased risk of not doing sports and aging.

There is a science that points to the fact that HIIT can be a great way to improve our VO2 Max performance as we age—the output of our heart. So, visit your doctor and check it out.

Another lurking challenge is mental stress, which zips our energy away—the danger of being always available.

With the increasing sedentary population, we have become information workers. We must find creative ways to move but also release the mental stress as we communicate remotely and spend most of our days in front of our Microsoft Teams. We haste everywhere and must remember to nourish our minds.

Historically, as a species, we have been hunting and gathering. Sometimes, days were spent walking. As we live in the new age of being constantly glued to our screens, we have become comfortable not to move much.

This is what we need to remind ourselves of again. It is not the fact that we do not know but that we take too little action. We let stress and anxiety run our lives like chickens without a purpose.

We know that without action, nothing will happen; without effort, things will stay the same.

On one side, we fight our own will, and on the other, our bodies. Progress happens on the 13th rep. The positive thing is that we can put our body into motion through consistency; approach your life more like 90-180 days to solidify the habits over 21 days. We want a quick pill but would instead embrace a lifestyle blueprint. Also, the secret is to surround yourself with people who embody an energetic life.

The vision of energetic you

The choices of sports and movement are increasing. From summer to winter sports, indoor or outdoor, individual or group.

You name it; it is there. But, as mentioned, energy also comes from a charged life. We know what we want and where we are going, and we meet these people with deep zest for life and lightness in their steps.

On one spectrum, we have those fanatics who run Ironman and wake up ultra-early to ride a bike for a couple of hours, swim, and run. Rinse and repeat. And, yes, although I get it, as many try to deal with ADHD or mental health problems, it might be too extreme for the ultra-busy CEO, stay-at-home mom, or rising entrepreneur. Also, the average human wants to feel healthy while having enough means to create an extraordinary lifestyle.

However, too many people do not do any sport, and this is most people. We live in a society that handed the power over to Netflix. We wonder why we need to sleep so much; we feel sluggish and unhealthy when we constantly order greasy foods.

The danger of shortening our life span with an unhealthy lifestyle is invisible for a long time, but it is there. When we lack energy, we are not even thinking of making our mark and self-actualization according to the Masslow pyramid, picking the spear of hope every day and throwing it further. We are fatigued.

That is what we need to fix first: our sleep and healthy habits. Then, we can pick up the spear of opportunity and go after it again with zest and hope. Many people complain about why their lives are the way they are. They give in to inconsistency and are unfaithful to their best selves. Often, the answer is the need for more energy.

So, what could we do instead?

Think of yourself as the CEO of your energetic life and the chief engineer of the car shop. Your car needs fuel to drive—the team's captain and fitness coach to train.

Key takeaways:

1. You want to design your life always to have energy left over. What drains your energy, and what provides energy?
2. You must make sacrifices in the short term, play the long game, and do tiny, seemingly boring steps daily.
3. You have to reignite routine to anchor your daily wins.

POSITIVE LEADER VISION

- ◆ You are responsible for energy levels
- ◆ Energy is just like a fuel in the car
- ◆ Want stronger car, build a bigger engine



The one thing: HIIT

Many people want to avoid going to the gym because they despise the fitness crowd of showoffs, waiting for equipment, stinky showers, and unhelpful fitness stuff.

If you want to get quickly in shape, you can do it in your pajamas at home. Implement High interval training (HIIT). What is HIIT? Doing one or few exercises after each other with a short rest in between. It means sweating a little, increasing your heart rate, and burning calories while building muscles and strength. Quite remarkable, huh?

The beauty thing is that if you stick it out, you will improve the output of your heart (reduce the risk of heart attack), burn some fat, and build muscle.

You can do this in the comfort of your home or when you travel and only have a little time. I am a big advocate of HIIT because you can use your body only if you prefer, be done within 20-30 minutes, and feel like you ran a marathon. You see great benefits over some time.

Suppose you had an injury like a hernia or lower back problems. Start slow; you can think of planking exercises, Pilates, push-ups, and squats. Many people with lower back issues have weak hamstrings (the back side of your legs) and weak abdominal muscles. The Upper back problems often involve a wrong back posture and a weak upper body. So, try to sit more upright, correct your posture often when you move your shoulders forward, and work your core daily. You could strengthen your upper body through HIIT, lifting weights, and swimming. Swimming is an incredible whole-body workout exercise that everybody should include in their weekly routine.

Exercising alone can be tedious, which is why many people are not fit, as they prefer group sports. The thing is, HIIT is an excellent foundation for many sports, and you will decrease the risk of getting injured and reduce fun out of fun. If you struggle with habit-building, ask your spouse or your friend to help. Drop your ego (if you go to the gym and ask the trainer to help you); your health is your wealth. Many people trade all their money for health when they are older. Remember, longevity is not about how long you live but the quality of your years.

Mateo's energetic blueprint

Everyone is unique but wants to look and feel good. Feeling good comes by choosing to smile when you exercise.

Science shows that people who look fit and healthy get hired faster than those who are not. You get that now. ☺

Your confidence grows even further when you add fun to that equation. When you make it fun, you can trick your body into falling in love with exercising. You carry yourself differently than if you are annoyed; you have to exercise again. You might not look for a new job now,

but your drive builds through sports; it is a skill and could determine why you get hired. I have hired people in my team because of that, and I got hired myself because of this. You want to tap into the different mental and physical energy systems and have a strong, flexible, good-looking body, which comes from challenging yourself. So please be open to trying something new.

One day, you might feel like things flow; another, you might be under-slept and not want to exercise. It is OK, but the goal is to build a vision again and dream big. Maybe you were never really fit and wanted to be something other than a fitness geek. It is okay; do at least something, like start walking around the block daily.

The ultimate secret to longevity – which is why you get fit in the first place, lies in becoming a positive yogi bodybuilder and setting bigger goals. Be consistent each day, even if it is just 2-10 min. Put on muscle, choose to have fun during your workouts, and stretch your boundaries each week. Do this for a year and see your life's quality improve.

I want you to take this seriously; you might object; it is a lot, and how could you ever manage? Notice, the time does not say 2 hours here, three hours there. You could train twice daily and still be done in less than 20-30 minutes. The goal is consistency over years and decades to come.

The ultimate goal is to build energy through consistent movement over time. That comes from challenging your body, strengthening it, and having the power to withstand various challenges, mental stress, and diseases.

The more you get used to walking, doing HIIT, swimming, lifting, and stretching, the more muscle, confidence, and less injury you build. You will release stress, reduce tension, increase endorphins and good mood hormones, look good, and attract like-minded people. Not because you are better than others but because you want to improve your quality of life.

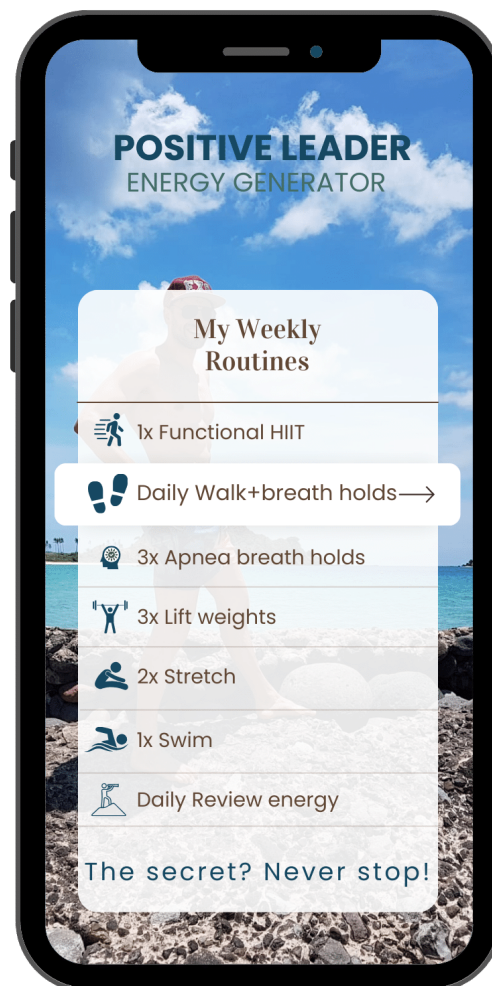
You will make progress easier when you choose not to drag your workouts and remove the stigma about working out. The better you get at the routines, you will take on more challenges and become more energetic. So, are you ready to become an energetic warrior and prevent injuries like hernia and lower back pain as you get older?

Weekly Energy Generator = Body & Mind + Consistency

1. HIIT & Move (functional training, Google or YouTube) is the one thing. Thursday 20-30-minute training one time a week. You can just HIIT. It is great to do it in the morning. 10-30min. A spinning class, HIIT run (run the hill up and down a few times).
2. Walk: Walk every morning for 5-10 minutes, lunch for 15 minutes, and evening for 20 minutes.
3. Breath: Every morning, walk and hold your breath while walking 2-3 times
4. Lift: Monday, Tuesday, Wednesday - Lift weights at least 3X

5. Stretch: Friday morning 10-30min and Sunday 30-60min
6. Swim: Friday lunch or evening, once a week from 20-45min
7. The turtle way: Keep executing daily consistently and honoring your word. Have a vision for your yearly fit self, even for the next 5-10 years. Be like a turtle, keep moving, be strong, be bold, and overcome anything in your way.

Do you want to deepen your resolve even further? It is not just about pushing; it is about supporting yourself holistically and rewiring your thoughts and habits.



Resilience Booster

In my earlier days, I was into going to the gym 5-7 times a week. I kept pushing myself until I lost an appetite for working out and needed a more profound reason to stay in the game.

I figured that for a mortal human, the level of such training is almost impossible to maintain in the long run.

A delicate balance exists between pushing yourself too hard and stimulating yourself to progress. I was pushing myself too hard. Many of you will get enthusiastic too quickly and drop out in a couple of weeks due to boredom or life happening.

This is where the resilience booster (RB) comes into play. You must stimulate your brain and educate yourself on the benefits of a long-term fit body. Heavy stimulating workouts also impact your nervous system. So, you have to prioritize recovery.

Therefore, you need to take it down and relax, giving your body time to recover. Your nervous system is constantly under fire if you live a stressful life. Make sure you focus on bringing a balance to your life.

(RB)=Mindfulness+Confidence+Gratitude

- *Be mindful*: Do 5- 7 minutes of deep breathing (Freediving Apnea App) followed by a mindfulness exercise with Insight Timer App. This makes you pause and slow down.
- *Confidence*: Look in the mirror each morning and repeat: I love my body, I commit to working out, and when I slip, I will work out again. Believe it or not, you can increase your recovery by exposing your body to cold water. Cold showers have many great benefits for the body, from building your brown fat reserves to energizing your mind, happiness, and confidence.
- *Be grateful*: Choose three things you are thankful for, three things you are proud of, and three goals for the day. The goal is to set your workout goal a day before.

Tools:

- Apps:
 - Centr, InsightTimer
 - Boho Beautiful 60min Yin Yoga
- Equipment: Bends, yoga mat, 10kg dumbbells, bands



You can do it!

It is easy to reach an energetic life again with some consistent effort. The challenge is, can you stick it out for years to come, not just weeks? The more you do it, the more you get at it, and the more you get addicted to the new body and energy.

Energetic's life summary

This looks fancy and nice, but you must pull this concept higher across your entire life. The more fit you are, the more fun you will have. All the other areas you never thought about will also be impacted, from drive, energy, positivity, attracting the right life partner, and overcoming obstacles.

Energetic life = Vision + Energy generator + Resilience booster

You have to decide to have a fit body and a resilient mind (nourishing only positive thoughts and saying no to the negative ones) while taking your time and choosing the way of the turtle (one step at a time over a long period). Ultimately, it is also how fast you bounce back from adverse events in your life. That is what positive research shows. People who choose optimism bounce back faster from adverse events.

Remember, setbacks will come, but it is not about perfection but progress.

It is about improving your daily feelings and preparing your body for increased flu seasons and cold weather to withstand anything.

