

**THE NEW
TALENT
PLAYBOOK**
Podcast

— **Workbook** —

**The Inner Game
That Builds *High-
Performance
Cultures***

Featuring Rob Dube

Episode 1 - Season 4

By Rob Levin, Creator of [Thenewtalentplaybookpodcast.com](https://thenewtalentplaybookpodcast.com)
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Rob Dube teaches leaders how to find peace and focus—not by doing *more*, but by turning inward. This playbook helps you reflect, reset, and lead with intention so you can thrive in business *and* in life.

1. Outer Success vs. Inner Peace

You’ve mastered the outer game—goals, strategy, performance. But what about the inner one?

Reflection Prompt:

Where in your life or leadership are you *achieving more but feeling less fulfilled*?

→ Write one area where you’re pushing hard but feel disconnected from meaning or joy.

2. Love vs. Fear Decisions

Every decision you make as a leader stems from love or fear. Fear says “*I can’t afford to lose them.*” Love says “*We’ll both grow from honesty.*”

Think of your last three big decisions, hiring, firing, partnerships. For each, check what drove you most:

Decision	Love	Fear
	☐	☐
	☐	☐
	☐	☐

Where do you notice a pattern?

3. Check Your Leadership Energy

Your energy sets the tone for everyone else. Rob says mindfulness begins with noticing *how you show up*.

Which feels most true today?

- Calm and clear
- Rushed but productive
- Reactive and tense
- Numb or on autopilot

Now ask yourself: *Who on my team feels this energy most from me?*

4. The One-Minute Reset

You don't need a retreat—you need a pause button.

Try this when you feel overwhelmed:

1. Close your eyes and take one deep breath.
2. Name what's happening: *"I'm frustrated because..."*
3. Ask: *What outcome do I actually want here?*
4. Then act—*not react*.

Reflection: What's one recurring situation that triggers you most at work?

5. Audit Your Hustle

We glorify “the grind,” but what’s the real cost?

Rate from 1–10:

Area	How depleted do I feel? (1 = energized, 10 = burned out)
Work	
Relationships	
Health	
Joy & Play	

Which number stands out—and what small action could lower it by one point?

6. From Busy to Intentional

Rob reminds us: time is your most limited resource. Protect it like profit.

Rate each from 1–10:

Habit	Feels aligned with my purpose	Feels like busywork
Daily meetings		
Emails/tasks		
Client work		
Personal commitments		

Reflect: How might I simplify or eliminate this next week?

“When you have a clear mind, you make better decisions. And when you make better decisions, you get where you’re going faster, with a lot more peace.”

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