



## **MATT JOHNSON**

Matt Johnson struggled staying focused growing up. As he got older, school became harder and harder. Doctors diagnosed Matt with ADHD and tried to medicate him. He refused to believe that prescription medication was the only option. Instead, he adopted the lifestyle approach his father pioneered at On Target Living.

As his lifestyle improved, so did his concentration.

But it wasn't enough. Facing difficult studies in college, Matt became obsessed with understanding how to focus. He read everything he could find, reached out to experts and used himself as a test subject.

Finally, Matt had a breakthrough! He graduated with an advanced degree and immediately went into business. The same discoveries which helped him graduate also helped him excel in business. Matt found he could teach other leaders and top performers his process.

As his influence spread, he recognized a growing problem inside organizations. Constant stress and distractions were killing results and lowering engagement.

Determined to take action, Matt began sharing his performance system with other organizations. The result is the Capacity Movement. A proven approach for organizations, leaders and individuals to deepen capacity. The result is sharper focus, ample energy and a strong internal drive to win.