



About Mark Congdon

Mark Congdon is the creator of the “I GOT This Framework” and author of The Ideal Life.

After creating the framework, Mark began putting it into practice in both personal and professional settings, as well as coaching others through it. Each time it was applied, he saw it continue to work again and again.

When applied to his personal life, the framework helped Mark lose 80 lbs, quit smoking, and complete his first Ironman Triathlon. Each time it was applied to his career, he excelled

to the top of his profession regardless of the industry and the same for those he coached through it.

Over the span of 10 years, Mark continued to develop the framework and study philosophy, psychology, and physiology to understand why this framework kept working, which resulted in his first book, The Ideal Life. Mark’s desire is to use this framework to help others have access to the tools they need to take control of their own happiness and live with intention and joy.