



High Performance Mindset Thoughts Part 1

High Performance Mindset is defined as the deliberate pursuit of being our best regardless of our _____.

Thoughts

Perceptions

Our subconscious mind attaches to what we are _____ engaged with.

Discussion Questions:

For the next 3-5 minutes evaluate the questions below, then share your responses.

On a scale of 1-10, how clear are you on why you want to be your best?

1 2 3 4 5 6 7 8 9 10

Why did you give yourself this rating?

What benefits would you receive if you improve your rating?

Who do you know that has defined the reason why they want to be their best? What do you admire about this person?

What specific actions can you apply immediately to improve your rating?