



High Performance Mindset Thoughts Part 2

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

Freeing Thoughts: The thoughts that _____ us be our very best.

Tormenting Thoughts: The thoughts that _____ us from being our very best.

It's easy to talk about what is _____.

_____ on what is right.

Discussion Questions:

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

On a scale of 1-10, what is the majority of your thought life?

Tormenting

1 2 3 4 5 6 7 8 9

Freeing

10

Why did you give yourself this rating?

What benefits would you receive if you improve your rating?

The specific action this week is to journal your thoughts, determining your freeing thoughts and your tormenting thoughts.