



High Performance Mindset Thoughts Part 3

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

We have a tendency to move in the direction of things we _____ on.

Guard your _____!

_____ the tormenting thoughts that come into our mind.

Discussion Questions:

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

On a scale of 1-10, how well are you able to replace tormenting thoughts with freeing thoughts?

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 replaces tormenting thoughts with freeing thoughts?
What do you admire about this person?

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