



High Performance Mindset Thoughts Part 4

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

Take _____!

Taking responsibility is critical if we want to perform at a _____ level.

“When we change the way we look at things, the things we look at begin to change.” - Wayne Dyer

Discussion Questions:

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

On a scale of 1-10, how often do you take responsibility instead of blame?

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 consistently takes responsibility? What do you admire about this person?

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