



# High Performance Mindset Attitudes Part 1

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

Attitude is the outward EXPRESSION of our inward thoughts.

Thoughts → \_\_\_\_\_ → Behaviors → Relationships → \_\_\_\_\_

Attitude is a \_\_\_\_\_.

Your choice should be directly connected to your \_\_\_\_\_.

## 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 your beliefs serving to accomplish your “why”?

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 beliefs that serve their “why”? What do you admire about this person?

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