



# High Performance Mindset Attitudes Part 4

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

How \_\_\_\_\_ is your attitude?

\_\_\_\_\_ is key to our maturity.

Maturity is a result of \_\_\_\_\_ and Self-Control.

## **Discussion Questions:**

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

On a scale of 1-10, what is your level of maturity in regards to your attitude?

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 a mature attitude? What do you admire about this person?

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