



High Performance Mindset Perceptions Part 1

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

Perception is what we _____.

Perceptions come from our past _____.

Bringing _____ to our perceptions is important in regards to accomplishing our why.

“Our imagination is the preview to life’s coming attractions.” -Albert Einstein

Discussion Questions:

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

On a scale of 1-10, how well do you exercise your imagination in regards to 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 exercises their imagination? What do you admire about this person?

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