



# High Performance Mindset Perceptions Part 2

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

What are we \_\_\_\_\_ about ourselves?

“In order to add value to ourself we must see value in ourself.” - John Maxwell

We all have \_\_\_\_\_ beliefs.

## **Discussion Questions:**

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

On a scale of 1-10, how clear are you on the perceptions that keep you from being your very best?

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 perceptions that make them better? What do you admire about this person?

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