



High Performance Mindset Perceptions Part 4

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

Our _____ mind can work for us or against us.

Are you _____?

Discussion Questions:

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

On a scale of 1-10, how willing are you to invest in yourself?

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 invests in themselves? What do you admire about this person?

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