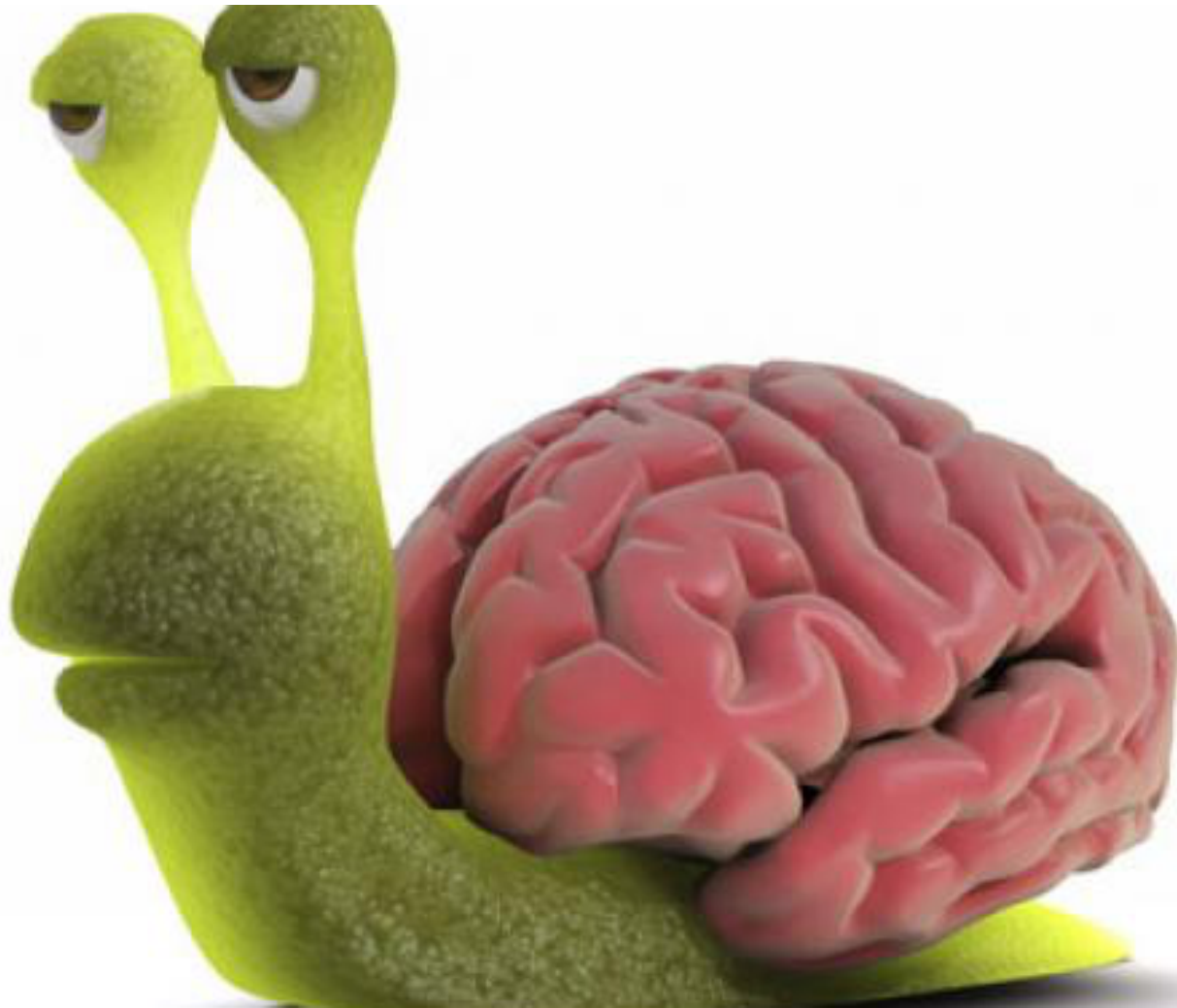




HIGH PERFORMANCE

A QUICK BRAIN HACK



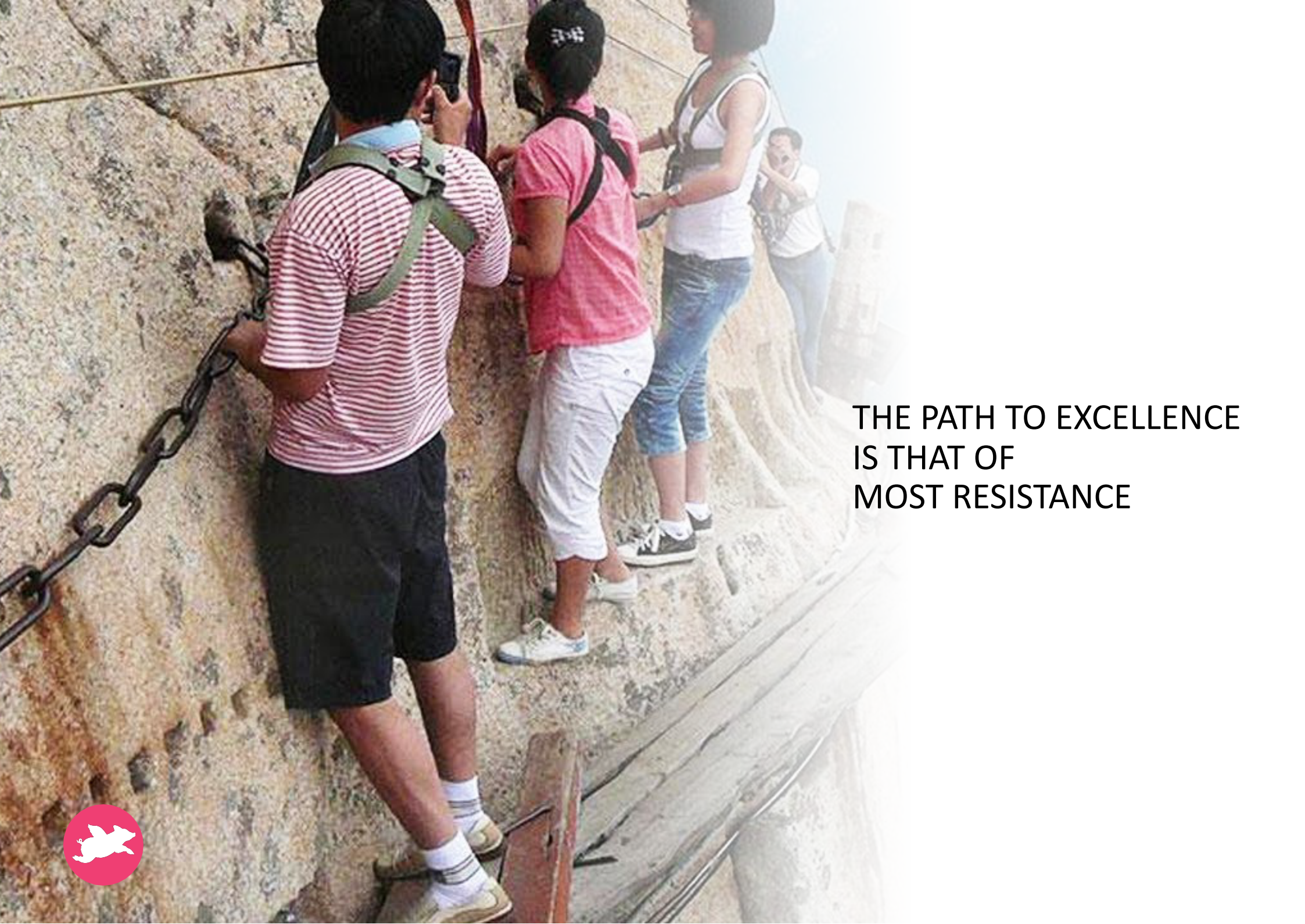
WE'RE HARD WIRED TO BE NORMAL -
BLAME OUR LAZY BRAIN!





PURPOSE





THE PATH TO EXCELLENCE
IS THAT OF
MOST RESISTANCE





YOUR INNER CRITIC COACH

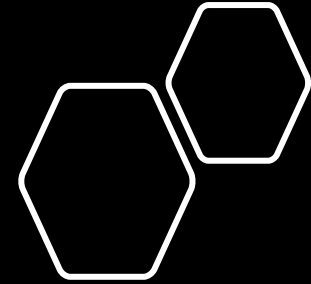


*'IF YOU THINK YOU CAN, YOU CAN.
AND IF YOU THINK YOU CAN'T,
YOU'RE PROBABLY RIGHT.'*

Henry Ford



WORK
SMART
AND ~~NOT~~
HARD





TIME TO BUST SOME MYTHS ...

#1 IT'S
ABOUT
RESULTS
FIRST





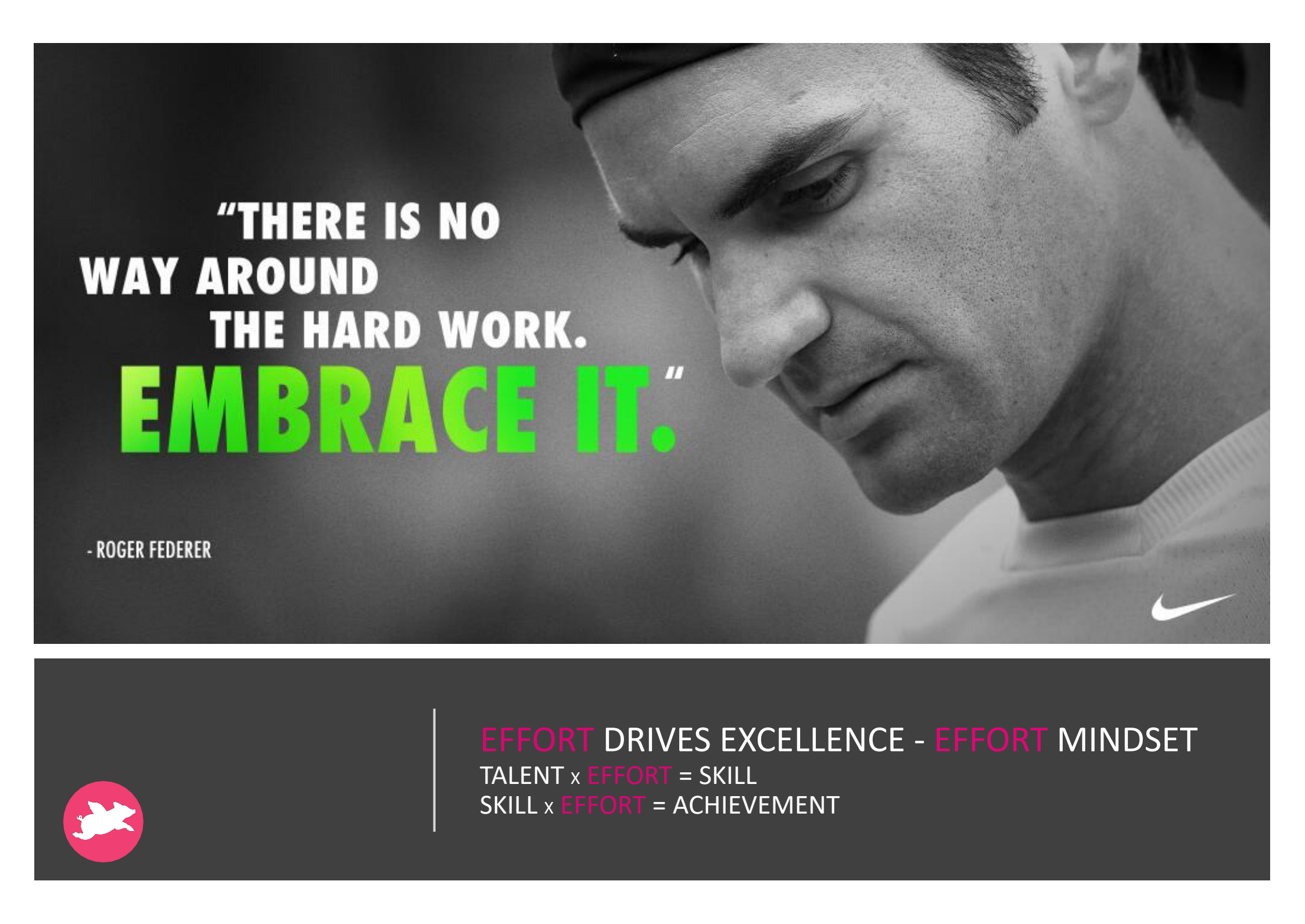
© Shanecradock.com

BEHAVIOURS FIRST
ACTION MINDSET



#2 TALENT
WINS THE
CUP





**"THERE IS NO
WAY AROUND
THE HARD WORK.
EMBRACE IT."**

- ROGER FEDERER



EFFORT DRIVES EXCELLENCE - **EFFORT** MINDSET
TALENT x **EFFORT** = SKILL
SKILL x **EFFORT** = ACHIEVEMENT

#3 FAILURE
IS NOT AN
OPTION



**THIS IS
A NO
FAILURE
ZONE**





Don't give up...
don't ever give up

GIVING UP IS NOT AN OPTION
OPPORTUNITY MINDSET



#4 SHOW NO
SIGNS OF
WEAKNESS





VULNERABILITY + COURAGE DRIVES GROWTH
RESILIENCE MINDSET





#5
MOTIVATION
IS A GIVEN



PURPOSE



COMPLACENCY = BIOCHEMISTRY
CONSTANT CONNECTION TO PURPOSE IS REQUIRED

PURPOSE MINDSET





TRAINING X RECOVERY = FITNESS

HARD WORK X RECOVERY = RESILIENCE





ENERGY MANAGEMENT > TIME MANAGEMENT