

Mental Fitness: Your capacity to respond to life's challenges with a positive rather than negative perspective.

#1 Muscle: Saboteur Interceptor

What are your top Saboteurs? Which one is holding you back the most? What do they routinely say to you?

#2 Muscle: Sage Perspective

Every outcome or circumstance can be turned into a gift or opportunity.
What thoughts do you prefer to think?

#3 Muscle: Self Command $E + R = O$

1. Negative emotion or thought? STOP! You are in Saboteur mode.
2. Do PQ Reps to quiet the Saboteur & ACTIVATE Sage mode.
3. Assume Sage perspective: what's a positive way of looking at this?

How will you Catch Yourself and what will you do differently?

IMPACT: What impact will this have on your life, family, friends, team?

DESIRED OUTCOME: How do you want to feel? What do you want to achieve?