



High Performance Thinking

- ✓ Goal setting is actually an extension of our survival mechanism. All living things have survival mechanism
- ✓ From the tree whose leaves turn toward the sky before a rain to the birds who fly to warmer climates during the winter.
- ✓ But as men and women we have an advantage. Plants, animals and insects have no control over the direction their lives take. It's present for the survival of their species.
- ✓ We on the other hand have the ability to take part in the shaping of our destinies. We can choose our path.
- ✓ Our ability to think of the future and set goals gives us the ability to be the captains of our fates and the shapers of our destiny.
- ✓ Sadly most of us tend to shrug off the power of setting goals and our lives end up being tossed to and fro like a ship in a storm.
- ✓ Our high powered minds are programmed to help us achieve success, but we give it no direction.
- ✓ We ride around with this high performance engine between our ears, and never take off the emergency brake.
- ✓ If you truly want to become a high performance thinker, you should set goals that get you excited. Your goals should be big enough to motivate you, while still being believable.
- ✓ Don't mistake daydreams for goals.
- ✓ Don't mistake what will make others happy, for a goal that will get you excited.
- ✓ It has to be your goal.
- ✓ Start setting believable, achievable goals. Set a time limit on accomplishing your goals and set higher goals each time an old goal has been achieved.
- ✓ Set up a reward system for achieving your goals on time.
- ✓ Make reaching your goals a game. A treasure hunt.
- ✓ If you've got time to root for your favorite sports team, I'm sure you have time to start rooting for you.
- ✓ Setting and achieving your goals is the real Super Bowl.
- ✓ Make yourself the MVP of your life.

Team Work Commitment Integrity Development Leadership Excellence