

Creating a VISION and Practicing with a Purpose

Mental Toughness – Having a great attitude, giving your best every day, treating people with respect, and having unconditional gratitude regardless of your circumstances.

Fundamental Principal – Outcomes are *outside* our control.

Focus on growth and let go of outcome based thinking. Do the very best you can, right where you are, using what you have, and do all three of these things steadily and consistently.

Strategy #1 – “Put **FIRST** things **FIRST**.”

Some examples of “putting first things first” might include loving God, serving people, providing value, gaining wisdom, enhancing health and well being, etc.

Strategy #2 – Focus all your energy on your **COMMITMENTS** and **CONTROLLABLES**.

Some examples of “controllables” might include how you spend your time (86,400 seconds/day) self-talk, routine, perspective, communication, processes, visualization, attitude, body language, gratefulness, etc.

COMMITMENT #1 _____

List three **CONTROLLABLE** actions:

- **Action #1** _____

- **Action #2** _____

- **Action #3** _____

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COMMITMENT #2 _____

List three CONTROLLABLE actions:

- **Action #1** _____

- **Action #2** _____

- **Action #3** _____

COMMITMENT #3 _____

List three CONTROLLABLE actions:

- **Action #1** _____

- **Action #2** _____

- **Action #3** _____