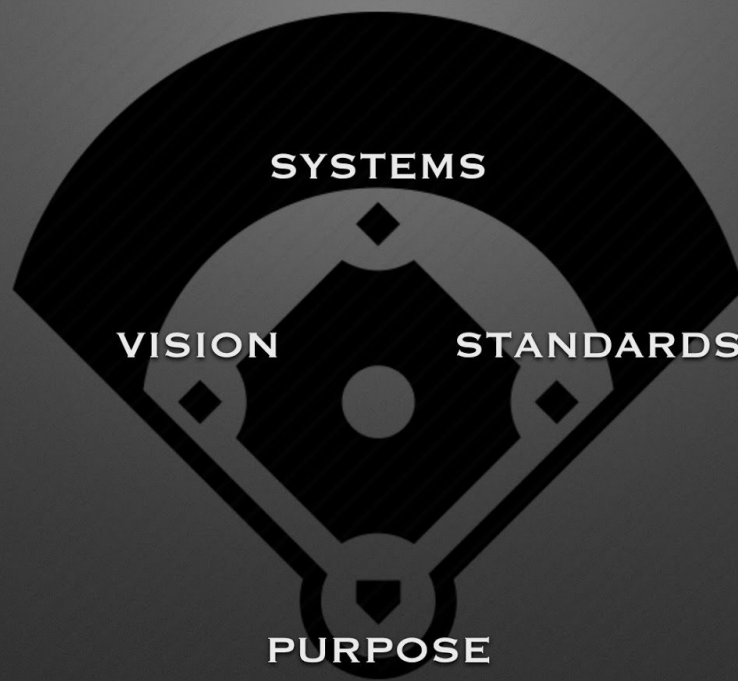


MINDSTRONG

PROJECT

ENHANCING THE HUMAN EXPERIENCE

DIAMOND SERIES



Home Plate: Purpose - Identity

Who are you as an individual?

How do you serve others?

What are you willing to struggle for?

1st Base: Standards/Values - Body

What are your top 3 physical standards?

What are your top 3 mental standards?

Awareness: Are these standards consistent with who you want to be and what you want to accomplish?

Will they help you find sustainable fulfillment?

Do they need to be raised? Lowered? Why?

2nd Base: Systems - Routine/Habits

What is your most successful routine?

Why.....

What is your most detrimental habit?

Why.....

Process: Question-Seek-Define...

The steps and goals you are willing to take to reach your vision.

Daily: What am I attacking today to be better tomorrow?

Weekly: What is the reward I will get at the end of this week for executing my disciplined plan?

Monthly: Who will I be at the end of this month that prepares for my next month?

3rd Base: Visions

Fear vs. Excitement

What makes you most excited in a short sentence?

What drains your energy?

Creating your mantra (Personal mission statement)

Growth=Happiness

(You're the result of your process...process = progress...progress = Growth)

What actions/decisions create the most growth?

What does leaving a legacy mean to you?

Space Provided for Drawing your Vision