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Mindset Rules







WE EACH HAVE AN A GAME AND A B GAME

- ▶ A GAME - our key strengths and assets that we can control.
- ▶ BEST EXECUTION
- ▶ B GAME is all of the Bullshit that's out of your control.
- ▶ SUB-OPTIMAL PERFORMANCE

TO SHIFT FROM YOUR **B** TO YOUR **A** YOU MUST SHIFT THE 2 F'S

- ▶ What are the 2 F's?
- ▶ Shift your Focus
- ▶ Shift you F-ysical

TO SHIFT FROM YOUR **B** TO YOUR
A YOU MUST SHIFT YOUR FOCUS





TO SHIFT FROM YOUR **B** TO YOUR
A YOU MUST SHIFT YOUR F-YISICAL







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