

# PERFORMANCE MINDSET

Mindset is the often over-looked but a crucial aspect of performance. Whether you're a clinician, administrator, or industry professional, you can elevate your practice and enrich your professional journey. Join us in unlocking the transformative power of the mind.

**1** **NEUTRAL** is a **decision making process focused on facts**, not feelings. It's focusing on the logical next right step instead of emotions.



**Josh Lifrak**

**2** **Thoughts** are the **drivers of our actions and behaviors**, thus results.

**3** Leverage the power of **DO STATEMENTS** versus don't statements. What you focus on, you will find so **be intentional with your self-talk.**

HOW WILL YOU RESPOND TO CHALLENGES THAT COME YOUR WAY?