

Beyond Grit: Embracing Passion and Purpose to Gain the High-Performance Edge



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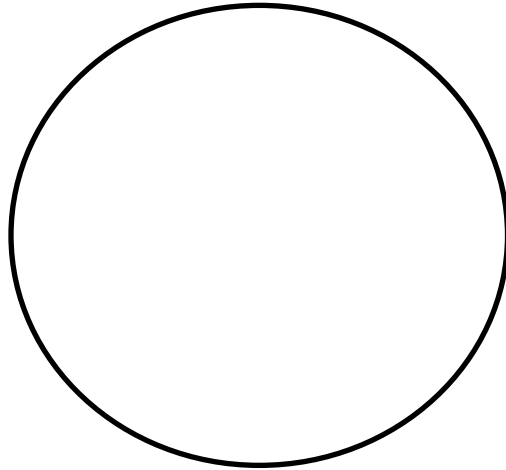
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Dominate the Controllables



Own Your Why

What do you do? _____

Now consider why you do what you do. Think about what good comes from what you do. To better understand your why, answer the "So that..." prompts.

So that...

So that...

So that...

So that...

So that...

So that...

Master Your Thoughts

3 Powerful Thought Principles:

1.

2.

3.

Past

NOW

Future



Present moment focus is all about _____ first,
and _____ second.

My Power Phrases: (“I will...I can...I am...”)

3 Steps to Address My ANTs:

Catch it: (notice it)

Address it: (talk back or let it go)

Refocus it: (focus on what you are doing instead)

2019 Goals

Pick 4 goals for your focus for your year. Write them in a SMART way below (Specific, Measurable, Achievable, Realistic & Timely).

Goal 1:

What's Your Why Powering this Goal? _____

Goal 2:

What's Your Why Powering this Goal? _____

Goal 3:

What's Your Why Powering this Goal? _____

Goal 4:

What's Your Why Powering this Goal? _____