

## **Peak Performance**

### **Chapter 13 - Developing Good Habits**

- I. Making a Commitment to Change Your Habits**
- II. Strategies for Creating Positive Change**
  - A. Make a Commitment to Contribute
  - B. Make a Commitment to Develop a Positive Attitude
  - C. Make a Commitment to Be Resilient
  - D. Make a Commitment to Be a Person of Character and Integrity
- III. On the Road to Success**
- IV. Peak Performance Success Formula**
- V. Making a Commitment to Lifelong Learning**
- VI. Creating Good Habits**
- VII. Resistors and Fears**