

CHAPTER 2

Performance Strategies

Attitude, Motivation, and Integrity

- Focus on the positive.
- Use affirmations and visualization.
- Strive for excellence, not perfection.
- Create a balanced life.
- Develop positive personal qualities.
- Cultivate character and integrity.
- Take responsibility.
- Be mindful and in the present.
- Be physically active.
- Focus on effort, not ability.