



## SESSION #12: PILLARS OF HIGH PERFORMANCE

You've learned that asking empowering questions empowers your life. Here are six questions that will aim your mind and life towards High Performance. Ask yourself these questions several times a day. Keep this page near your computer or work area at all times to remind yourself of what to focus on as you seek to be more, achieve more, and serve more.

### **Productivity**

*What is my mission today?  
What am I looking forward to?  
What must I accomplish today to  
progress my life?*

### **Persuasion**

*Am I developing influence?  
Am I demonstrating empathy  
and bold enthusiasm when I seek  
to influence others?*

### **Psychology**

*Am I living my truth?  
What 3 words really define who I  
am as a person and am I living  
those words? What 3 words  
should define how I should  
interact with others, and am I  
living those words?*

### **Physiology**

*Am I rested and fully hydrated?  
Am I sleeping, eating, exercising,  
hydrating, gesturing, and  
speaking with passion enough to  
have the energy I deserve?*

### **Presence**

*What level am I in this moment in terms of my emotional and physical  
vibrancy and presence?*

### **Purpose**

*How can I stay on purpose and serve greatly right now?*