



Excerpt from Certified High Performance Coaching™ Lesson # 2:

Clarity

Let's do an activity now, what we call a High Performance Habit. Please close your eyes and take a few deep breaths.

Think of 3 words that you would choose to describe your ideal self – the **3 aspirational words** that would describe the best of who you are or could be. These words are more about “Being” rather than “Doing.” The words are verbs and adjectives – and they are about YOU... who you are inside, your core values and about how you aspire to show up in the world.

Now, please write those words down. Post them on your computer, your cell phone, on your mirror, or refrigerator. Check in with these words every day!

Keeping an intention for who you aspire to be each day brings greater clarity and strength in life.

So, keep your 3 words top of mind each day and focus on living them fully.

Source: This tool is based on proprietary concepts from High Performance Academy's Certified high performance Program™. Do not duplicate or distribute without permission.

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