

# BEYOND GRIT WORKSHOP

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# TOP 10 PRACTICES OF THE WORLD'S BEST

## 1 GET GRITTY

The world's best know what they want and why they want it. In face of adversity and set-backs, they go after their goals with deep commitment.



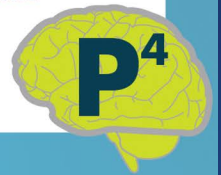
## 2 GET CLEAR ON YOUR PURPOSE

The world's best know why they do what they do. They keep their "why" front and center. This purpose keeps them motivated and hungry when the going gets tough.



## 3 MASTER YOUR THOUGHTS

The world's best are intentional with their self-talk. They exhibit powerful, positive, and possibility-oriented thoughts focused on the process.



## 4 KNOW YOURSELF TO MASTER YOURSELF

The world's best understand themselves, their tendencies, and are in-tune with their thoughts, emotions, and actions. They know themselves to be successful.



## 5 DOMINATE THE CONTROLLABLES

The world's best dominate what they have control over - their attitude, preparation, and effort - instead of what they cannot.



## 6 OWN THE MOMENT

The world's best stay present moment focused. They recognize that they can't control the past or the future but they are empowered to reach their highest potential when they are engaged in the present.



## 7 CHOOSE EMPOWERING EMOTIONS

The world's best thrive because they regularly experience positive emotions. They know that when people experience 3 positive emotions to every 1 negative emotion, they flourish.



## 8 OWN WHO YOU ARE

The world's best make the conscious choice to show up as themselves every day and in every interaction. They know who they are and own who they are.



## 9 LIVE AND LET GO

The world's best know that people are not perfect. They are kind to themselves, let go of their mistakes quickly after learning from them and decide to live life full-out.



## 10 CHOOSE YOUR COURAGE ZONE

The world's best feel uncomfortable regularly. When we stay in our comfort zone, we don't grow. High performers know that magic happens outside of the comfort zone.



To learn more about the world's best, visit [BEYONDGRIT.COM](http://BEYONDGRIT.COM)

To start working with Dr. Kamphoff, visit [CINDRAKAMPHOFF.COM](http://CINDRAKAMPHOFF.COM)