



Name _____

COMPETE!

Training 8: Compete (book chapter 7)

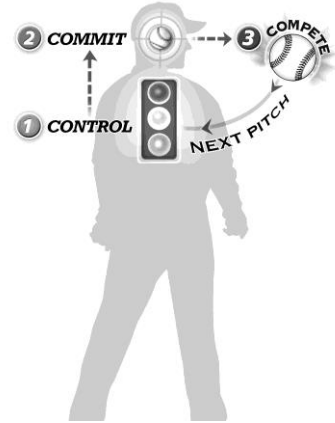
1. Compete: "Get 100% of what you've got to _____ the _____."



2. Step 1: _____

a. Ways to regain control

- i. _____
- ii. Extra Time
- iii. "Release"
- iv. Get Big
- v. Focus on your team
- vi. _____



3. Step 2: _____

a. Ways to Commit

- i. See it
- ii. Feel it
- iii. Say it

4. Step 3: _____

- a. Let go
- b. _____

5. Competing is like eating a _____



Do It! Practice

How I regain Control:

How I Commit: