

**Entering the High Performance Zone in a High Demand World**  
**Avoid the Mistakes of Mediocrity and Discover the Solutions**  
**You Can Take to Perform Better, Live Stronger and Dream Bigger!**



**Mistake of Mediocrity # 1**

We wander through Life

**Strike Back solution #1**

Boldly Declare Your Intentions

**Mistake of Mediocrity # 2**

We think it's about us

**Strike Back solution #2**

Realize that our declarations  
affect others destinies too

**Mistake of Mediocrity # 3**

We exhaust our resources

**Strike Back solution #3**

Reinvest in your resources every week

**Mistake of Mediocrity # 4**

We think all or none

**Strike Back solution #4**

Think Progression, not perfection

**Mistake of Mediocrity # 5**

We buy the time lie

**Strike Back Solution # 5**

Take 5 minutes everyday and stick and stay

**Mistake of Mediocrity # 6**

We wait to feel motivated

**Strike Back Solution # 6**

Action creates motivation

**Mistake of Mediocrity # 7**

We focus on our flaws

**Strike Back Solution # 7**

Focus on your cause and soar with your strengths