

The 12 Pillars of Peak Performance – A Story About Becoming a Peak Performer by Brian Cain

What do you REALLY want?

1. Elite Mindset (growth or fixed)
 - a. MVP Process
 - i. Turn 'have to' into 'want to' or 'get to'
 - ii. Focus on how you Act over how you Feel
 - iii. Make it Happen, not an excuse
 - iv. Never feel sorry for yourself
 - v. Nothing is impossible, it's just difficult
 - vi. Failure is positive feedback
 - vii. Never show weakness, Be Strong
 - viii. Your MVP Process is everything
2. Championship Culture
 - a. Your Mission, Motto, Vision, and Principles (MVP Process) – make your championship culture.
 - i. Mission – bigger vision of life (eulogy)
 - ii. Motto – quarter to one-year mindset & focus
 - iii. Vision – want to accomplish based on long-term results (resume)
 - iv. Principles – core values & map followed daily
3. Time is Ticking
 - a. S.Y.S.T.E.M. – to map out your time
 - b. Save Yourself Stress, Time, Effort/Energy, Motivation/Money
 - c. Use the SYSTEM to map out the week (168 hours) and look at it daily to make adjustments.
4. Know Your Numbers
 - a. We keep records because measurement IS motivation.
 - b. You can do anything, you can't do everything.
 - c. It's the Start that Stops most people.
 - d. Things that are built to last are not built fast.
 - e. If you are going to sign your name to something, it better be your best work.
 - f. Are you in control of your time, or is your time in control of you?
 - g. 168 hours in a week!
 - h. Move from spending to investing time.
5. Sail the Right Ships – Invest in Relationships
6. Present-Moment Focus
 - a. Your Focus determines your future.
 - b. Your Presence is the greatest gift you can give.
 - c. Be where your feet are.
 - d. You don't have to be sick to get better.
 - e. 86,400 seconds in a day
 - f. Yesterday is History, tomorrow is a Mystery, today is a Gift – that's why they call it the present.
 - g. Decisions determine destiny.
7. Process over Outcome
 - a. Event + Response = Outcome
 - b. W.I.N. = What's Important Now
 - c. Find a Way or find an Excuse
 - d. Control what you can control

- e. You get Less outcome when you focus on outcomes, you get More outcome when you focus on Process.
 - f. We are Not in control of the events that happen to us, but we Always control our response.
8. Attitude Determines Altitude
- a. Keep a 'compared to what?' mentality
 - b. The attitude you take is a decision you make.
 - c. The more positive you are, the faster the body heals.
 - d. Energy is contagious, is yours worth catching or avoiding?
 - e. The more energy you give, the more energy you have – it's a cycle.
9. Everything Happens Twice
- a. You never out-perform your self-image.
 - b. The best way to enhance your self-image is with imagery and visualization.
 - c. Everything happens twice: first in your mind, then in reality
 - d. Mental Imagery and Visualization are the same thing.
 - e. The reason why imagery is effective is that the human brain cannot tell the difference between what you physically experience and what you vividly imagine.
10. Routines & Habits of Excellence
- a. We become what we do on a daily basis.
 - b. First, we make our habits and then our habits make us.
 - c. Don't catch a man a fish, teach him how to fish.
 - d. We don't rise to the occasion, we sink to the levels of our training and habits.
 - e. The secrets of success are hidden in the routines of our daily lives.
 - f. Don't be average, it means you are the best of the worst and the worst of the best. It is a terrible place to live.
11. Recognize Your Signal Lights
- a. Green = Positive, Yellow = Neutral, Red = Negative. Be a Machine of Green!
 - b. Awareness to Win!
 - c. Awareness is knowing what's going on around you and inside of you.
 - d. You must respond to our response.
 - e. The only dumb question is the one that you don't ask.
 - f. People like people who are like them.
12. Release & Refocus
- a. It takes no skill to be positive and to help brighten up someone's day.
 - b. Let go of the negative so that you can grow the positive.
 - c. The best way to refocus is to talk to yourself, not listen to yourself (trigger words).

Derek Gackle
Fairview Warriors
Derek.gackle@k12.nd.us
406.489.2454