



177 Mental Toughness Secrets of the World Class

Steve Siebold

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The Tough Processes, Habits and Philosophies of the Great Ones

Some of the Mental Toughness Secrets You Will Learn:

Champions Lead Through Facilitated Introspection
The World Class Compartmentalize Their Emotions
The World Class Are Ferociously Cooperative
The Great Ones Possess Supreme Self Confidence
The World Class Embrace Metacognition
The World Class Are Coachable
Champions Know Why They Are Fighting
The World Class Operate From Love and Abundance
School Is Never Out For The Great Ones
Champions Are Interdependent
The Great Ones Are Bold
Champions Are Zealots For Change
The Great Ones Dont Give BackThey Just Give
Champions Are Masters Of Mental Organization
The Great Ones Only Negotiate Win-Win Deals
Champions Seek Balance
Champions Believe In Honesty
The Great Ones Arent Afraid To Suffer

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