

Eleven Attributes of a Mindful High Performer

“The roles we play in life is not who we are, it is what we do. Our ability to be present and make conscious choices in our lives determines the level of our performance at any given moment.” - Walter Aguilar

1. Uses inner and outer awareness to take responsibility and perform at their best
2. Exercises self-discipline required to act and be effective
3. Looks at each experience in terms of growth, knowledge and opportunity
4. Understands themselves and others, are just doing the best they can
5. Do not let the past or any outcome define who they are
6. Can shift from fear to trust consciously
7. Embraces change and uncertainty
8. Thrives in the process by focusing on the process, creativity, and intuition
9. Keep focused and 100% energetically engaged in the now
10. Have a success formula made up of rituals, routines, and mental preparations
11. Creates a success posse of supporters, teachers, healers, coaches, and mentors.

