



Mental toughness

Monday is March 1. It is like a mini January 1.

We are going to go back to Facebook Live and Conference Call and discontinue Zoom

You are not fragile

Tell yourself to access your mental toughness

David Goggins former Navy Seal says they teach in Seal training that when you think you have nothing left in the tank you are at 40%. You still have 60% left in the tank.

Focus

Discipline

Demand results from yourself

Produce

Mindset

Be kind to yourself

When you step up you also have setbacks. They go hand in hand.

Bonus Video - Pipeline - <https://youtu.be/ekIA2jyScGc>