

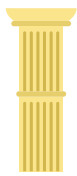
The Pillars of High Performance



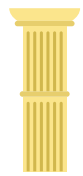
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**CERTIFIED
HIGH PERFORMANCE
COACH™**



PILLARS OF HIGH PERFORMANCE



Thanks for joining me today! Please enjoy the following questions. Asking yourself these questions several times a day will condition your mind to pay attention to the critical areas of high performance. Keep this page near your computer or work area to remind yourself to be mindful of the things that matter most.

PRODUCTIVITY

What is my mission today?
What am I looking forward to?
What must I accomplish today to progress my life?

PERSUASION

Am I developing influence?
Am I demonstrating empathy and bold enthusiasm when I seek to influence others?

PSYCHOLOGY

Am I living my truth?
What 3 words really define who I am as a person and am I living those words?
What 3 words should define how I should interact with others, and am I living those words?

PHYSIOLOGY

Am I rested and fully hydrated?
Am I sleeping, eating, exercising, hydrating, gesturing, and speaking with passion enough to have the energy I deserve?



PRESENCE

What level am I in this moment in terms of my emotional and physical vibrancy and presence?



PURPOSE

How can I stay on purpose and serve greatly right now?

