The Performance Paradigm

1 Biggest Danger

2 Motto

3 Unconscious Framing Principles to live up to my motto and protect from my biggest danger.
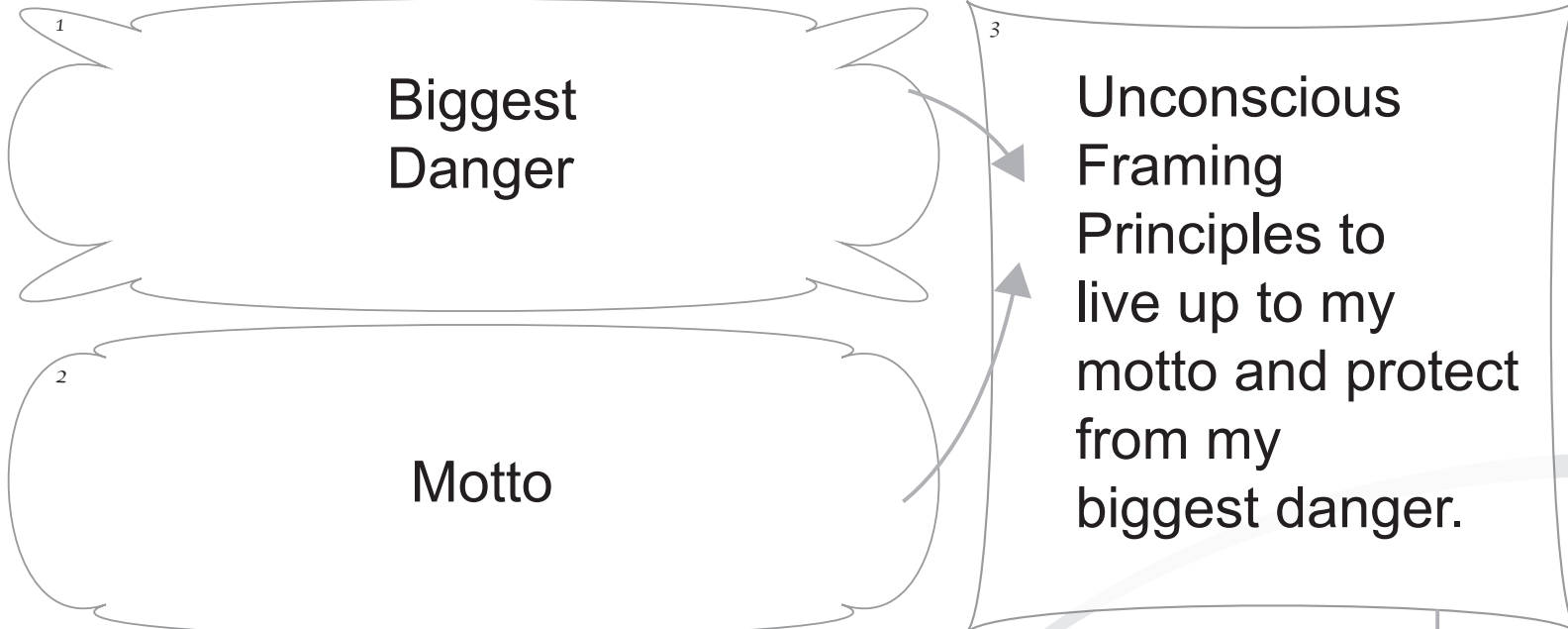
9 List of easy failures
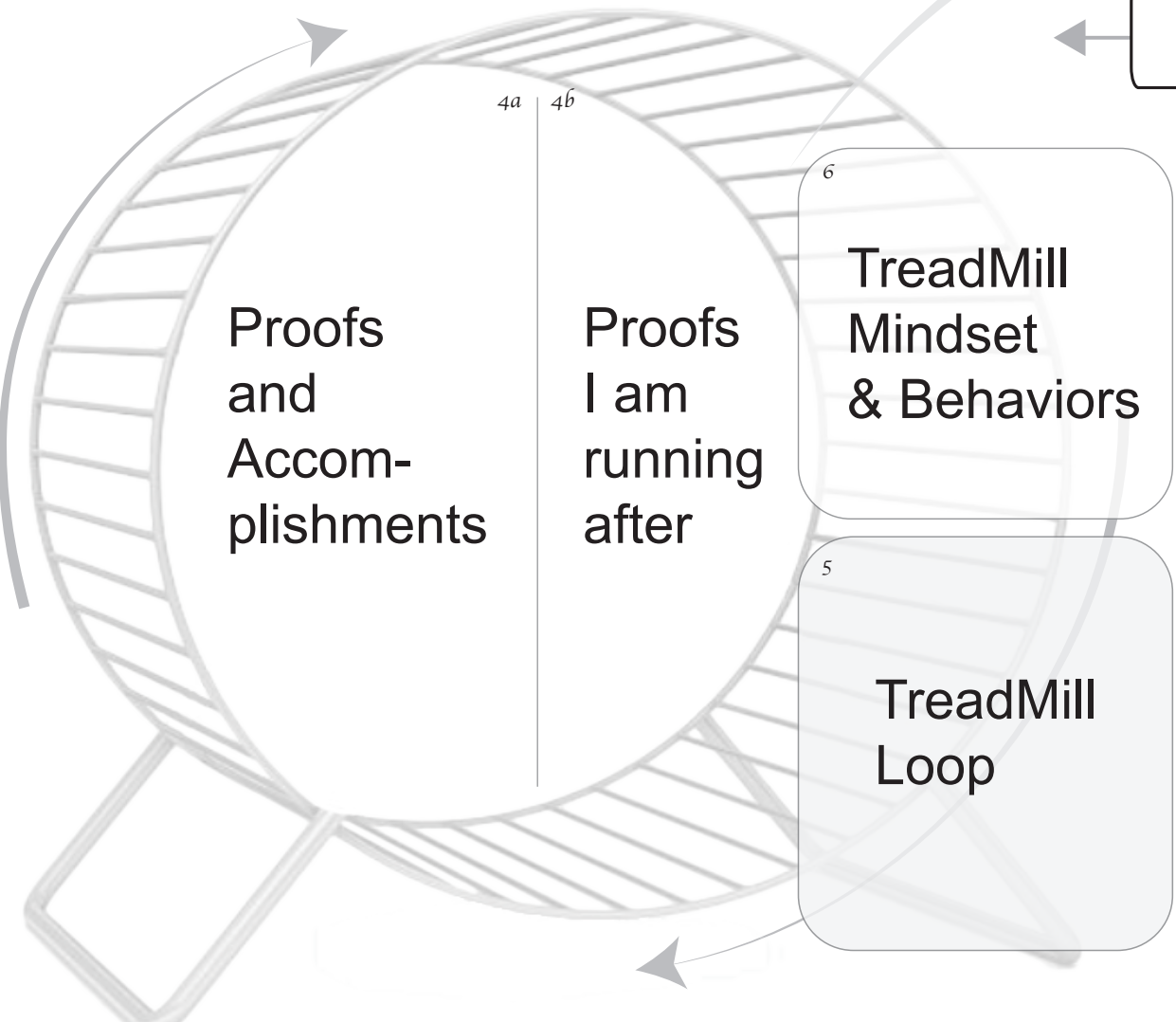
Success Treadmill | **Failure Mattress**

16 Mattress Prep -> What do and don't do beforehand to be able to use my mattress?

17 Frequent Flyer -> Where am I using my mattress the most?

4a | **4b** Proofs and Accomplishments | Proofs I am running after

6 TreadMill Mindset & Behaviors

5 TreadMill Loop
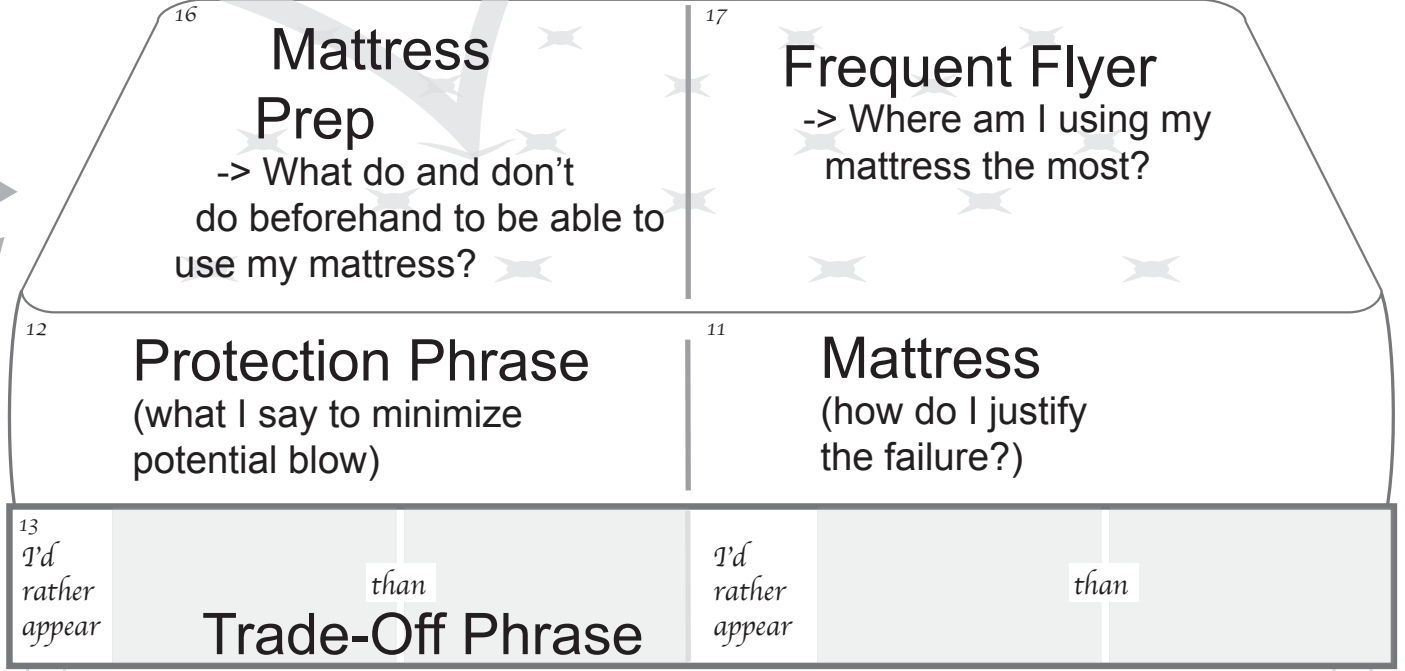
20 What I'm not good at (but willing to admit)...

12 Protection Phrase (what I say to minimize potential blow)

11 Mattress (how do I justify the failure?)

13 *I'd rather appear* ___ *than* ___ | *I'd rather appear* ___ *than* ___ Trade-Off Phrase

21 How I deflect to lower expectations

14 Camouflage

10 List of Hard Failures

15 True Anxiety

22 Benefits of deflecting

7 Benefits/Highs of the cycle and of succeeding

8 Costs of the cycle and of succeeding

23 Costs of deflecting

18 Benefits of the Mattress Side

19 Costs of the Mattress Side