

10 KEYS TO ACHIEVE GREATNESS



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The “Why” behind this model:

It was January 2021 and I was preparing for a year of Powerlifting meets. My goal was to qualify for the USPA (United States Powerlifting Association) North American Championships in October 2021. I said to myself, “What are the habits I need to accomplish my Powerlifting Goals in 2021?” I literally sat in my garage gym with a notebook, Sharpie marker, highlighter, and drew this model. This list is taped to my squat rack in my garage to this day. I train 90% of my time out of my garage. Each day I look at this list and say, “What key(s) do I need today to have a successful workout?” I also listed my priorities for the year. I list my priorities every year. I stay focused on my goal by listing my priorities and my habits (Keys).

How to use this Handout:

- Download my What + Why Model Goal Setting Model under the Documents tab on the Power Mental Performance website
- Write down the Goal you want to accomplish on the document
- Then, for each Key, write down 1-3 behaviors that you’d want to change in order to achieve that goal
- Simply take notes for each mini podcast

I’ve included some Bonus Content. These are interviews I did with some exceptional Athletes, Coaches, and Mental Performance Coaches. Watch those interviews for additional insights on how to Achieve Greatness, overcome adversity, bounce back from injury, and become a better leader.

The 10 Keys (take notes):

Calling and Passion leads to Motivation:

Common Key 1 – Practice, Practice, Practice:

Common Key 2 – Be Smart:

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Common Key 3 – Be Focused:

Common Key 4 – Be Disciplined:

Common Key 5 – Work Hard:

Uncommon Key 6 – Have Fun. Find Joy:

Uncommon Key 7 – Be Humble:

Uncommon Key 8 – Be Greater Than Your Pain:

Uncommon Key 9 – Endure and Persevere:

Uncommon Key 10 – Get Relational Support:

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Additional Notes: