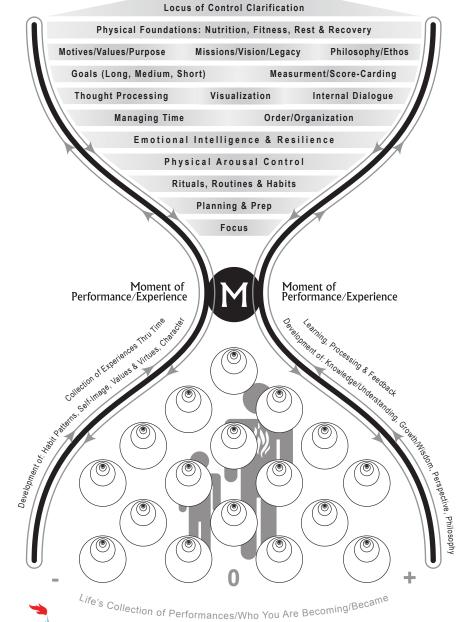
THE PREPARATION AND PROCESSING OF EXPERIENCE





6193 West Ridge Rd. Highland UT 84003 801-358-8450 www.theiahe.com Are you striving to understand the "big picture" environment you are surrounded by?

experiences?

Do you understand the macro factors (both positive and negative) influencing your performance?

Is there anything you can

change to optimize

your environ-

ment?

Do you understand. accept, and learn the valuable lessons of your past?

Are you drawing

from your past

experiences to

maximize your

self-image &

confidence?

Oo you have an ongoing plan to grow your Flow Assets?

Is your immediate physical environment inhibiting you in any Are you actively seeking wav? meaningful feedback from your

and vision for the Are your goals set future clear and for this hour, day, meaningful? week, and vear+?

Are you constantly learning from each experience to improve your performance?

Are you living your deepest values that serve higher-than-self goals?

Do you have a measurement process in place?

Can you see the legacy you would like to leave behind?

Are your missions

Is your personal "Philosophy of Engagement" driving your daily focus?

Are you "mentally tough" and "positively focused"?

Are you emotionally resilient and in control of your feelings?

Are all of your physical systems in check? (nutrition, exercise, rest & recovery)

The Institute of Applied Human Excellence

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