

Competitive Greatness

Tom McCarthy

4 Keys to Success

- Play Full Out
- Capture Useful Ideas
- Have Fun
- Use What You Learn

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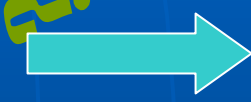
Thoughts

Emotions

Skills

Knowledge

Energy



Action



Results

Positive Thoughts & Emotions
or
Negative Thoughts & Emotions

Energy

Action

Results



The Mental Diet

Step 1: Decide What You Want

The Mental Diet

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**Step 2: Get Rid of Negative Thoughts
& Emotions**

The Mental Diet

Step 1: Decide What You Want

Step 2: Get Rid of Negative Thoughts &
Emotions

**Step 3: Install Positive Thoughts &
Emotions**

OPT Categories

- Self
- Special Areas of Focus
- Results You Will Produce
- Company/Product/Solutions
- Customers/Friends



Positive Energy

Joy/Empowerment/Appreciation/Love
Passion
Enthusiasm/Happiness
Positive Expectation/Belief
Optimism
Hopefulness
Contentment

Negative Energy



Boredom
Pessimism
Frustration/Impatience
Overwhelmed
Disappointment
Doubt
Worry
Blame
Discouragement
Anger
Revenge
Hatred/Rage
Jealousy
Insecurity/Guilt/Unworthiness
Fear/Grief/Despair/Powerlessness

Sample OPE

- I am caring and connected!
- I am playful and funny!
- I am energized and excited!
- I am certain and committed!
- I am adventurous and daring!

10

I Love It!

8

Resourceful
Healthy

7

6

Respond

Positive Emotions

5

Negative Emotions

4

React

3

Unhealthy
Unresourceful

2

1

I Hate It!

The Mental Diet

Step 1: Decide What You Want

Step 2: Release Negative Thoughts &
Emotions

Step 3: Install Positive Thoughts & Emotions

Step 4: Take Effective Action