

# THE GOAL STANDARD CHALLENGE

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VIDEO 3: 'THE FIGHT' - THE  
POSITIVE POWER OF NEGATIVE  
PREPARATION  
PRESENTED BY:

# Entrepreneur

AND



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# THE POSITIVE POWER OF NEGATIVE PREPARATION

1. Things that are frustrating you right now?

2. How can you prevent that from happening? (Losers react, Winners prepare.)

3. What will you do when 'frustrating thing' happens? (Emotion moves people to either act or stop. Let's choose our reaction.)

Key Point: Mental Toughness, is your ability to be flexible and adaptable with the way you attack a goal, despite the circumstances & situations you're presented with.

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