



## HiLevel Hawaii (HLH)

# TeamReady Mindset



## Get on Track!

### Team

Work hard  
Communicate  
Build a strong bond

### Ready

Settle-down  
Know what's expected  
Be able to get the  
job done

### Mindset

Strong Positive Intention  
Deal with the Challenges  
Complete the Action

#### *Reflection:*

*This mindset allows you to prepare, execute and finish properly.*

# The TeamReady Mindset training program will take you from establishing the right mindset for your situation to:

## Refine the Process

Use GED to be grateful, excited and devoted.

**Grateful**—The awareness of what's expected, feel the power and be confident.

**Excited**—Get the job done, get up, stay up, settle-down and be present

**Devoted**—Recover, make a good decision, balance expectations and results and work tough.

*Reflection: This level allows you to incorporate and integrate the finest qualities of you mind, body and spirit.*

## Develop the Habits

### HiLevel Habit #1: Develop your Mindset

Cultivate Gratitude, Excitement and Devotion.

The Yes I can! – Yes I am! – Yes I will! attitudes, when turned into habits and will provide the discipline to want to face challenges.

*Reflection: Wanting to respond to challenges will help you generate the fire and passion needed to get better.*

### HiLevel Habit #2: Follow the Rules

Show up Rested – Trust the Process – Find The Beauty  
The rules can become a conditioned response to resolve conflicts and personal issues.

*Reflection: Resolving issues can set you up to accept change and experience a real sense of satisfaction and success.*

### HiLevel Habit #3: Master the Tools

Intentional Breathing – Mindfulness – Focus

The tools provide the energy, the mindfulness that allows you to make good decisions and the focus that establishes the direction and the sensations that signal proper form, tempo and intensity.

*Reflection: The tools allow you to perform at your best when it counts the most.*

## TeamReady Mindset, Actualized

The TeamReady Mindset combined with the HiLevel Habits can provide opportunities to embrace challenges that involves the need for a major change, a heroic effort or a complete healing. It will allow you to experience the best that life has to offer: trust, acceptance, gratitude, excitement, devotion, integrity, satisfaction, success, serenity and love.

## That's HiLevel!

*For the complete training, contact me:*



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