

Never before in the developed world have people been so well educated, so wealthy, so technologically advanced and yet so unhappy.

Martin Seligman

$$P = P - I$$

**The biggest obstacle in life is
what we already know**

Hope

**Hope in the Future
gives you power in
the present!**

(John Maxwell)

Hope

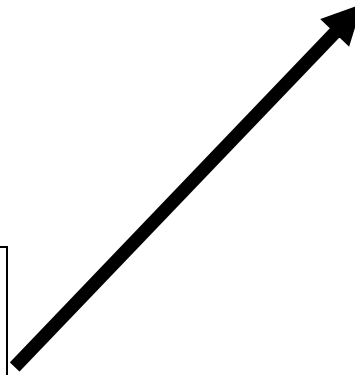
```
graph LR; A[Hope] --> B[What do you want?]; A --> C[Mental toughness]
```

The diagram consists of three rectangular boxes with black borders. The leftmost box contains the word 'Hope' in a large, bold, dark blue font. Two black arrows originate from the right side of this box. One arrow points diagonally upwards and to the right, ending at a box containing the question 'What do you want?' in a large, bold, dark blue font. The other arrow points diagonally downwards and to the right, ending at a box containing the words 'Mental toughness' in a large, bold, dark blue font.

**What do you
want?**

**Mental
toughness**

Hope



**What do you
want?**

What do you want?

(not what you don't want!)

Hope

```
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**What do you
want?**

**Mental
toughness**

**Mental toughness is not
about potential,
it's about what you're
supposed to think when
you're under pressure.**

Mental toughness is the ability to perform at the highest level despite the circumstances.

- 1. What am I doing now?**
- 2. Is it working?**
- 3. If I'm doing the right thing and it's working – enhance it!**
- 4. If I'm messing up and/or it's not working – change!**

Ask good questions!

Why?

How?

**“Let others lead small lives,
but not you. Let others argue
over small things, but not you.
Let others cry over small
hurts, but not you. Let others
leave their future in someone
else's hands, but not you.”**

Jim Rohn