



EP. 152 PERFORMANCE PSYCHOLOGIST JIM LOEHR
WITH HOST DON YAEGER

(6:25) Every person has a different _____ of what they can handle. How much adversity, how many losses, how much physical training, how much hard-nosed coaching can you take before you start to come apart and all of that wonderful potential you have within you starts to go away?

(7:30) We were raising the bar on their _____, and that automatically took them to the next level. Health ignites performance.

(8:55) The more you _____ about your people, the more they will care about your business and go to the next level.

Reflection Question: Jim shared how to encourage recovery at work. What is one way you can prioritize the well-being of a teammate or employee this week?

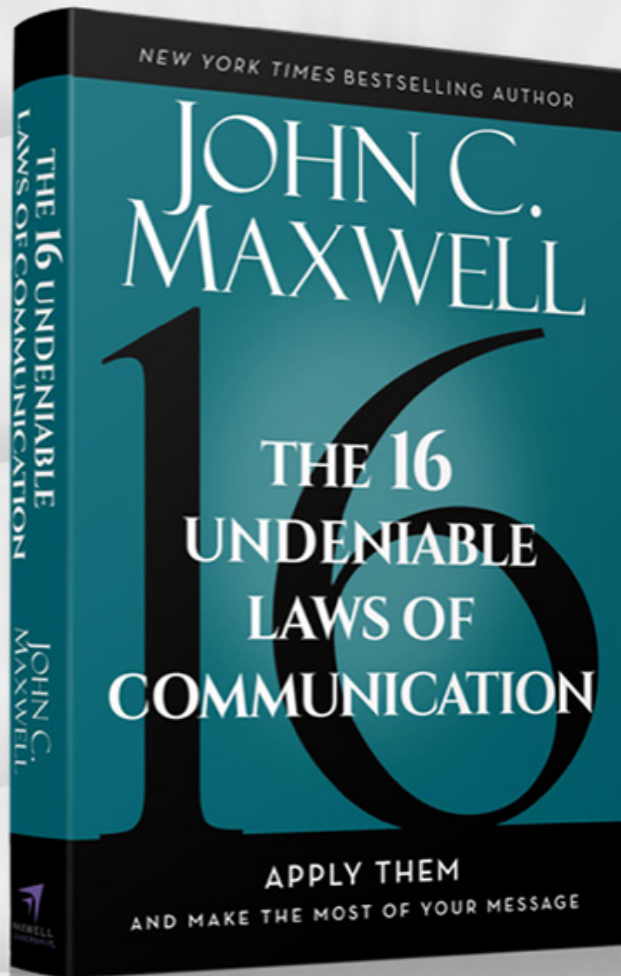
(25:15) You are connecting, and they know how much you care because the greatest gift we have to give is _____ to anyone.

Answers:

limit
health
care
full engagement

NEW AND NOW AVAILABLE

FROM JOHN C. MAXWELL



SCAN ME

