



**PEAK PERFORMERS**  
**CHAMPIONSHIP**

*YOUR ONLY COMPETITION IS YOURSELF*

# THE TRUTHS

- **Accountable** - Accountability is critical for a peak performer. The ability to take ownership of what you do, don't blame others and never make excuses.
- **Aren't afraid to fail/risks** - Taking risk to raise your hand and focusing on the positive outcome. Peak performers are not afraid to take a calculated risk.
- **Attention to details** - Paying attention to the details, not ignoring the small intricate parts of the business and the needs.
- **Believe** - Having a strong belief in something bigger than you. Having the ability to trust in the power of great things.
- **Clear vision** - Having a destination in mind of where you want to be. This is a founding TRUTH.
- **Creative & Innovative** - To have the ability to think creatively of new ideas and thinking outside of the box.
- **Committed to Excellence** - Actions are performed at exceptional standards. Always upgrading to a higher level of improvement and giving your best.
- **Committed to the industry** - Staying within an industry and committing to stay. Choosing an industry staying in there to establish a strong root system (like a tree).
- **Competitiveness** - Loving the action of competing; engaging in the contest of striving to out perform the relevant person, team, and/or company/business.
- **Consistent** - Performing at the best level everyday and in all that you do.
- **Desire to improve** - Ability to concentrate on being better even when during your "off-season". Focusing on incremental improvement of 10% daily.
- **Diligence** - Having the trait of a strong work ethic. The mindset to work harder.
- **Disciplined** - The act of doing what you are supposed to do even when you do not want to.
- **Discover gift/purpose** - Knowing your special ability/talent that is above the average person that you can do inherently/naturally.
- **Expertise** - Being the premiere and sought after person in your industry.
- **Flexible/Adaptable** - Ability to re-evaluate and adapt to changes in the industry.
- **Focused** - Planning daily and constantly thinking about how to improve in your business. Also it is the ability to say no if the actions do not lead up to the goals and plans you have determined for yourself to succeed.
- **Healthy relationships** - Surrounding yourself with people that support, encourage, challenge and cheer for you. Having an inner circle that is positive and productive.
- **Invest** - The process of devoting time, energy, money and resources that will help you become a better leader and performer.
- **Love what you do** - The act of being in a leadership position and industry in which you are positioning your gift appropriately and find great pleasure in doing it.
- **Manage time effectively** - The ability to maximize the 24 (twenty-four) hours you have in the day.
- **Network** - The ability to have a large population of people you know and potentially a larger amount of people that know you. The ability to influence a population where you add value and build relationships.
- **Organized** - The ability to know where everything is all of the time and to approach work systematically.
- **Operate with integrity** - The act of doing the right thing regardless of the consequence (whether positive or negative effects).
- **Persevere** - The ability to continue to pursue the goal in adversity. The desire and action to not quit.
- **Positive self-image** - The ability to see yourself in a positive manner and love yourself regardless of your wins and faults.
- **Positive thinker** - Thinking positively that drives energy even in successes and failures. The ability to see the positive position in any situation.
- **Problem solver** - An individual that can see a problem or void in their industry/ marketplace and create an opportunity or alternative positive solution.
- **Reciprocity** - A person who values the law of reciprocity, honoring the law of reciprocity by being generous and philanthropically.
- **Strategic thinker** - The ability to have your mind think of how to improve processes and procedures in a creative/productive manner.
- **Teamwork/Teammates** - Having the ability to help and value people you work with, lead and work for. Having the spirit to help whoever you encounter in your group.



# PEAK PERFORMERS CHAMPIONSHIP



THIS EXERCISE WILL HELP YOU DETERMINE AND SELF-DISCOVER YOUR STRENGTHS.

ONCE THE EXERCISE IS COMPLETE, YOU WILL KNOW YOUR KEY DOMINATE STRENGTH AND INSIGHT OF YOUR PREDOMINANT CORE COMPETENCIES.

1. Review the Glossary and definition of all 31 Truths.
2. Determine your top 16 Truths what you believe you currently possess or are accomplished with displaying. Place the sixteen within the sixteen brackets in the far left and right of the sheet.
3. Next, determine which is the strong truth by “challenging” which is stronger than the other. You will complete all 16 and the result will be 8 Truths. The next round will be 4 remaining Truths. Next challenge of Truths will have 2 remaining Truths to the left and right of the center box. Lastly, between the last two contending Truths decide which one you believe you possess and utilize the most.
  - Start with two Truths. For example, #1 and #2 would be your first challenge.
    - ▶ Ask yourself, “Is my Truth #1 greater than my Truth #2?” “I can give up Truth #2 forever because I am better at Truth #1”
  - Once you have answered the two questions always place the winner of each round in the coinciding box or line.
4. YOU HAVE A WINNER! Place the number one strength in the winner’s box. Congratulations! You have continued the exercise until you have reached your Champion Truth!



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