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Executive Toughness takes you through the steps of making these critical behaviors part of your everyday routine. Practice your accountability, focus, and optimism, and you'll be on the path to attaining

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your goals; make them part
of your mental “DNA,” and
there will be no turning
back—ever.

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the steps for attaining high-
level

success: • Accountability—trul

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Training Program To
develop a “no-excuse”
mentality • Focus—significantly
increase attention, focus
and

confidence • Optimism—recognize
and redirect thoughts
patterns for increased
execution and performance By

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incorporating these steps
into your daily life, you'll
be on the path to attaining
your goals.

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Dr. Jason Selk is the bestselling author of 10-Minute Toughness, director of mental training for the St. Louis Cardinals, and an executive coach.

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guarantee to develop mental
toughness and produce
results in business and in
life. People with inborn
talent may be good at what
they do—but only the
mentally tough reach the

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The "executive toughness" to
which the title of Selk's

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book refers is essentially the same strength found in peak performers in all other human activities. But as Coach Wooden would be the first to add, human greatness also involves strength of spirit and, even

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more essentially, strength
of character.
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