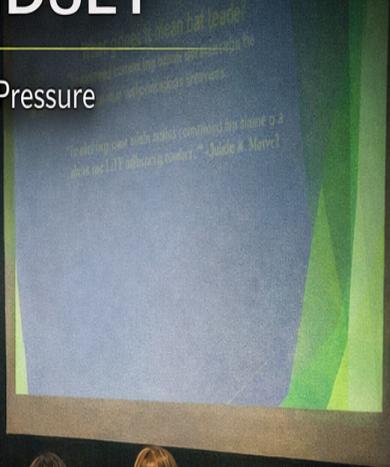


# IGNITING A **WINNER'S MINDSET**

How Resilient Minds Rise Under Pressure



A Leadership Development Experience

Powered by the **LiFE Framework**

LEARN | INITIATE | FORTIFY | EXECUTE

## Empowerment Statement

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You are not here by accident.

You are here because there is something in you that refuses to settle — something that knows you are capable of more.

This experience is built around Vision, Commitment, Dedication, and Resilience, executed through the **LiFE Framework**.

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**PRESSURE DOES NOT DESTROY YOU.  
WHO WILL YOU BE  
WHEN IT DOES?**





## **VISION: THE LEADER I AM BECOMING**

*Clarity Precedes Confidence.*

*One academic win I must secure this year:*

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*One leadership role I must step into:*

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*One behavior I must eliminate:*

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The standard I refuse to drop below:

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# COMMITMENT — Action Over Emotion

*THE STATE OR QUALITY OF BEING DEDICATED TO A CAUSE, ACTIVITY, OR GOAL.*

*THIS SEMESTER, I COMMIT TO:*

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*THE COST IF I BREAK THIS COMMITMENT:*

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*THE PERSON IMPACTED IF I FOLLOW THROUGH:*

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*MY ACCOUNTABILITY PARTNER FROM TODAY:*

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*SIGNATURE:* \_\_\_\_\_

*DATE:* \_\_\_\_\_



## ***DEDICATION — Daily Execution Wins***

*Goes beyond cognitive decision-making;*

*The ONE habit that builds my edge:*

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*My 90-minute protected focus block:*

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*My weekly reset routine:*

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*The distraction pattern I must interrupt:*

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# RESILIENCE — Pressure Reveals Character

*What tries to break you builds you.*

*A recurring pressure I face:*

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*My Trigger:*

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*My automatic emotional response: (challenge)*

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*The grounded response I will choose next time: (Solution)*

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*The strength this pressure is building in me:*

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## ***7 Day Activation***

**L — Learn: What lesson did today reveal?**

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**I — Initiate: What action will you start immediately?**

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**F — Fortify: What strength will you reinforce?**

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**E — Execute: What measurable move will you make this week?**

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***I BELONG HERE.***

***I AM CAPABLE.***

***I DO HARD THINGS.***

***I EXECUTE UNDER PRESSURE.***

***My One Word Standard:***

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