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# Mindset: Fast Start

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# PERFORMANCE UNDER PRESSURE

CRACK YOUR PERSONAL STRESS CODE  
AND LIVE THE LIFE OF YOUR DREAMS



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**AMERICA'S STRESS COACH**

Foreword by Robert M. Worley II,  
Retired Major General, United States Air Force

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# Fast Start & Growth Mindset

- A **fast start** is the best position to begin your season
- Clean air up front but the draft you create is speed for the one chasing close behind
- Staying up front and trusting your plan to win one lap at a time to get to victory lane

# Fast Start & Growth Mindset

- **Growth Mindset is** seed planting for your harvest
- Seed germination is dying to self grow into the next
- Cocoon experience: A covering usually made of silk that caterpillars make *around themselves to protect growth*
- Have you spun your training/planning cocoon yet?

***Five to twenty-one days to transform to a butterfly***





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# Fast Start & Growth Mindset

## The butterfly transformation metamorphosis *“The AmeriLife Way”*

- A caterpillar first digests itself, but certain (memory) cells survive, turning the soup into eyes (vision), wings (altitude and freedom), antennae (success instinct)
- Imaginal Discs is the NEW YOU!
- The old cells have memory of its old self transformed

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light the Way