



## THOUGHT PATTERNS FOR HIGH PERFORMANCE® 3.0

Getting to the root cause issues that result in individual and organizational under-functioning is the prime focus of *Thought Patterns for High Performance*®. Since 1971, Lou Tice and The Pacific Institute have been employing the concepts and tools reflected in this program with any organization where excellence is the goal – from individuals to FORTUNE 500 companies; the military, educators, entrepreneurs, as well as Olympic and professional athletes.

### IMAGINE YOUR RESULTS

- High levels of confidence, and low levels of anxiety and stress.
- People performing at levels that exceed both internal and external customer expectations.
- Enthusiastic employees able to recognize opportunities they were unable to see in the past, and who are now eager to try new approaches.
- People who understand that they are limited not by their potential, but by their ability to use their potential.
- A new standard of leadership combined with a new standard of personal, professional and organizational accountability.

After just two days, this live-facilitated video curriculum will give you and your staff members the most powerful tools they will ever need: the ability to sustainably change the way they think, the ability to eliminate the stress of change, and the ability to self-regulate at ever higher levels of excellence.

### HOW DO YOU KNOW CHANGES WILL LAST?

Lasting change starts on the inside and then moves to the outside. If you want lasting change, you don't manipulate the environment. Instead, you modify the foundation of beliefs, habits and expectations. This alteration of focus results in changes that not only last, but that spill over into every aspect of life, both personal and professional. What is more, these are changes that people embrace instead of resist.

### HOW IS THE PROGRAM DELIVERED?

Fifteen brief video segments, presented by internationally respected educator and author Lou Tice, focus on the power of self-efficacy – the belief in one's ability to create and sustain internal success. Each participant receives a Video Resource Manual, to help reinforce and personalize each segment. Discussions facilitated by individuals certified by The Pacific Institute target individual or organizational performance issues and guide participants to apply concepts that address personal and organizational challenges.

In addition, participants receive a 20-session, four-week audio reinforcement program, by Lou Tice, that encourages active application of the concepts presented – a program that can be revisited time and time again.

### SIMPLY STATED, IT WORKS.

## Thought Patterns for High Performance 3.0 | LEARNING UNITS

### **UNIT 1 Hidden in Plain Sight!**

Understanding my blind spots and how they can limit my perception of my future.

### **Unit 2 Expand the Mind to Create the Future**

By setting out what is of value to me, I can expand my awareness of the resources available and learn that I am in control of my future.

### **Unit 3 How the Mind Works**

By understanding how my mind works, I can refine my decision-making process to create the life and future I want.

### **Unit 4 Beliefs Regulate Performance**

I regulate my behavior at my belief level and must change the picture of what is good enough for me, in order to live and perform to my potential.

### **Unit 5 The Internal Conversation**

My beliefs are formed by the way I talk to myself. What others tell me won't become a part of me, unless I give sanction, or agree, with it.

### **Unit 6 Comfort Zones**

I have created my current comfort zones, most likely by neglect. Some of my current comfort zones are holding me back from expanding my life, work and possibilities for my future.

### **Unit 7 The Next Time**

Learning why I need to give myself replacement pictures helps me determine my future. If I change what I think about, I can largely determine what happens to me.

### **Unit 8 Out of Order – Into Order**

Change offers me the opportunity to grow, but I must learn how to make my own opportunities. If I throw my system out of order, I can move to the new picture I have of my future.

### **Unit 9 Seeing Myself Into the Future**

The power of my imagination and my ability to use forethought allows me to project myself into a new future – the future I want.

### **Unit 10 Living in Today, Planning for Tomorrow**

Learn the discipline of seeing reality, and yet holding the vision of what I want. All meaningful and lasting change begins on the inside.

### **Unit 11 The Tools for Change**

Learn the tools and processes that lead to sustainable growth and change in every aspect of life.

### **Unit 12 It's My Choice**

Motivation can be negative and restrictive, which causes me to push back, or constructive. Putting my life on a "want-to" basis moves me forward, beyond my present limitations.

### **Unit 13 Yes, I Am Good!**

It is time for me to take charge of my estimation of my worth, and stop relying on the opinion of others.

### **Unit 14 Goal-Setting Through**

In order to keep from flattening out, I need to reset my goals as I approach their accomplishment, which keeps me constantly moving forward.

### **Unit 15 Successful and Significant**

Yesterday's dreams are today's necessities. Today's dreams are tomorrow's opportunities!