

When are you the most poised?

Here is your Weekly Winning Resource all about the word poised. Being poised is not about being perfect, it's about having composure and assurance when things aren't going your way. Life is full of challenges, and when you're on a mission to be the best version of yourself, you're inevitably going to get knocked down at times. To say, "life's not always a bed of roses", is an understatement. But, if you remember that success is only 20% of what happens to you and 80% in how you respond, it will help you keep the right perspective, and maintain some reason when the bad stuff does happen. There is so much pressure to be a certain way, to have a certain status, or to gain a certain level of success, and a lot of times we put these pressures on ourselves. You must remember to walk with the confidence that who you are, right now in this moment, is more than enough. Yes, it is important to keep working towards excellence and with a mindset of always wanting to improve but do so in being fully who you are. That is when you will be the most poised!

Your Weekly Winning Word:

Poised

Having a composed and self-assured manner.

Your Weekly Winning Article:

In life, you will face obstacles that can knock you down and get you off the course of success. It happens to everyone. The difference in the outcome is how you respond. Staying self-

assured and keeping your composure when the pressure is on can be a very difficult task, but it is possible. In this edition of our Weekly Winning, we share how to stay poised when the pressure is on!

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Your Weekly Winning Challenge:

Take a look at the article and determine which discipline you need to work on the most. Make a plan to start right now and begin to prepare yourself so that you can stay poised under pressure.

Your Weekly Winning Quote:

“Being poised is not perfection, it’s having strength under pressure.” ~Holly Furtick

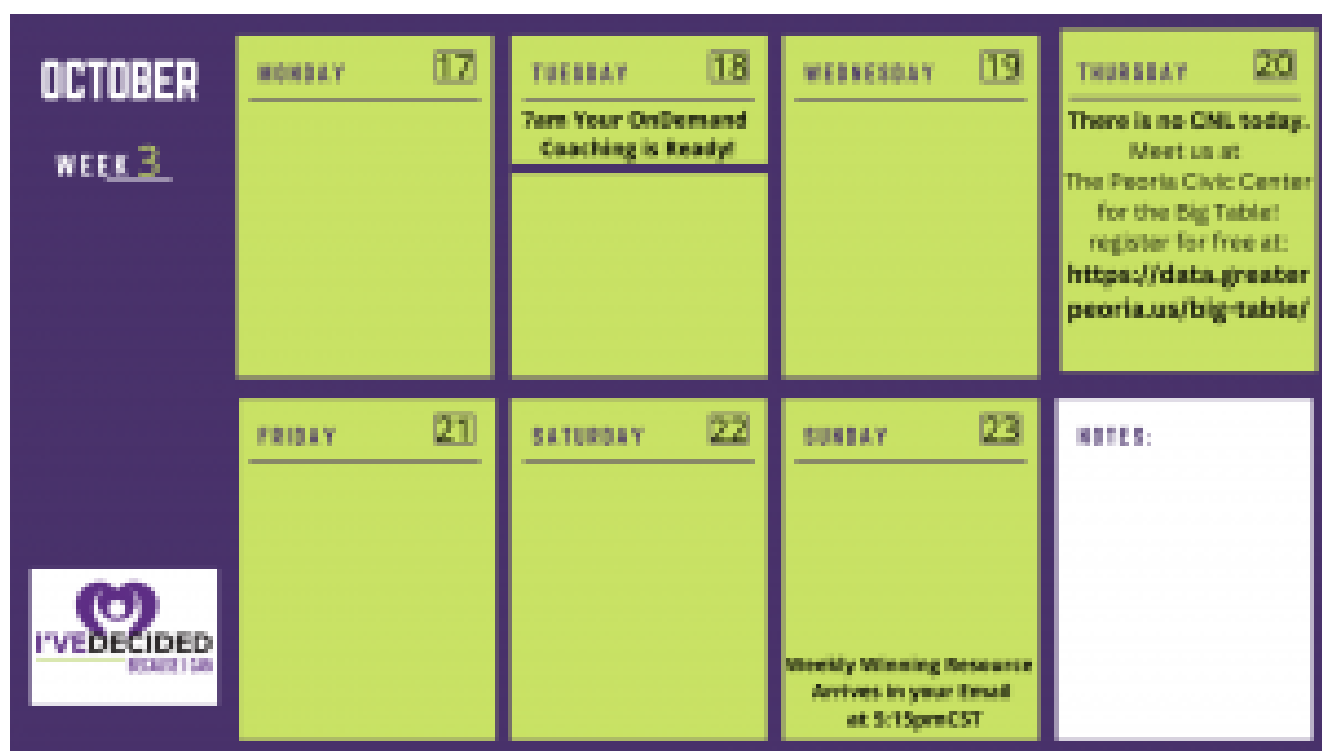
Why not?

Having a coach to talk you off the ledge when the pressure is on can make it so much easier for you to keep your composure and stay poised when the tough stuff happens. Increase your odds of success by spending time with a Success Partner each week to take a deep dive into your Weekly Winning Resource and discussing how it applies to your goals and dreams. Join in for a complementary group coaching session any Monday at 1:30

pm CST with Kim. Come and see for yourself the difference it could make. The Zoom link to attend is: <https://us02web.zoom.us/j/83584618429> and the passcode is: 743243

Learn more about our coaching options at:

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