

# Whole-Hearted Focus on Excellence

## *Stand in Integrity and Fearlessness*

work hard, debrief, celebrate, play  
practice collaborative competition

allow passionate vulnerability and joyful engagement

Move flexibly from high-focus to regroup to whole-heartedness,  
while managing teams, time, and self.



- set high standards
- focus on strategic priorities
- build endurance
- commit to productivity

- build high performance teams
- self replicate/delegate/mentor
- build resilience
- commit to community

---

Single-minded Focus

AND

Whole-hearted Presence

---

- attend to health and well being
- commit to important relationships
- cultivate an abundance mentality

- stand in integrity, under-commit
- build a life-support system
- do the things that excite you



*Live in Ways that are Sustainable and Grounded*