

## **Peak Performance**

### **Chapter 2 - Attitude, Motivation, and Integrity**

- I. The Importance of Positive and Motivated Attitudes**
- II. How Needs and Motives Influence Attitude and Motivation**
- III. Motivational Strategies**
  - A. The Power of Affirmation and Visualization
  - B. The Benefits of Higher Education
- IV. The Connection Between School and Work**
  - A. What Kind of a Student/Worker Are You?
- V. The Importance of Personal Qualities**
  - A. Character First: Integrity and Civility
  - B. Creating and Following a Code of Ethics
  - C. Responsibility
  - D. Self-Management and Control
  - E. Self-Esteem and Confidence
- VI. Overcoming the Barriers**
  - A. Creating Positive Mind Shifts
  - B. Expanding Your Comfort Zone