Peak Performance & Resiliency Review

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| **Across****4.** Performance is enhanced when you pay attention.**8.** Builds and repairs tissue, enzymes and hormones.**9.** "With every set back there is a \_\_\_\_\_\_ back"**12.** Peak \_\_\_ appears when YOU disappear.**13.** #1 Rule of Leadership: It's not about \_\_\_\_\_.**14.** Your ability to bounce back:**15.** One effect of poor quality of sleep: \_\_\_\_\_\_\_ immune system.**17.** 1/3 of adults in America have \_\_\_\_\_ sleep deprivation. | **Down****1.**  Equals good mind frame **2.** #1 thing super successful people do before 8 a.m.**3.** Only food source for your brain.**5.** Hardships & setbacks that shape you personally are called "Difficult \_\_\_\_\_\_".**6.** Good health leads to more \_\_\_\_\_\_ in the work place.**7.** #3 thing that super successful people do before 8 a.m. Eat a healthy \_\_\_\_\_**10.** The ability to eliminate waste.**11.** Great things never come from the \_\_\_\_\_ zone.**16.** Focus on \_\_\_\_\_\_\_\_change |