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 |