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Executive Toughness takes you through the steps of making these critical behaviors part of your everyday routine. Practice your accountability, focus, and optimism, and you'll be on the path to attaining your goals; make them part of your mental "DNA," and there will be no turning back—ever.

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Executive Toughness outlines the steps for attaining high-level success:

- Accountability?truly develop a “no-excuse” mentality
- Focus?significantly increase attention, focus and confidence
- Optimism?recognize and redirect thoughts patterns for increased execution and performance

By incorporating these steps into your daily life, you'll be on the path to attaining your goals.

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According to leading performance trainer and Dr. Jason Selk, we can meet any goal we set for ourselves if we

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rigorously and relentlessly apply the 10 fundamentals of Executive Toughness. In his new book, Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance (McGraw-Hill, 2012), Dr. Selk presents a new version of his famous 10-step Mental Toughness program for athletes, this time adapted for leaders and businesspeople.

## **Book Review: Executive Toughness: The Mental-Training ...**

Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance Hardcover - Nov. 24 2011 by Jason Selk (Author) 4.6 out of 5 stars 112 ratings

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Take your professional game to the next level—in 100 seconds or less! People with inborn talent may be good at what they do—but only the mentally tough reach the highest plateaus in their field. And here's the best news of all: mental toughness is something anyone can learn. Director of mental training for the St. Louis Cardinals and a top-tier executive coach, Dr. Jason Selk knows ...

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Executive Toughness outlines the three fundamentals for attaining high-level success: ACCOUNTABILITY—admit to mistakes, correct them, and, most important, learn from them FOCUS—on your strengths, on winning, on reaching your goal . . . for only 100 seconds per day OPTIMISM—don't just believe you can succeed, know you can succeed Executive Toughness takes you through the steps of making ...

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## **Executive Toughness - Enhanced Performance - Jason Selk**

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