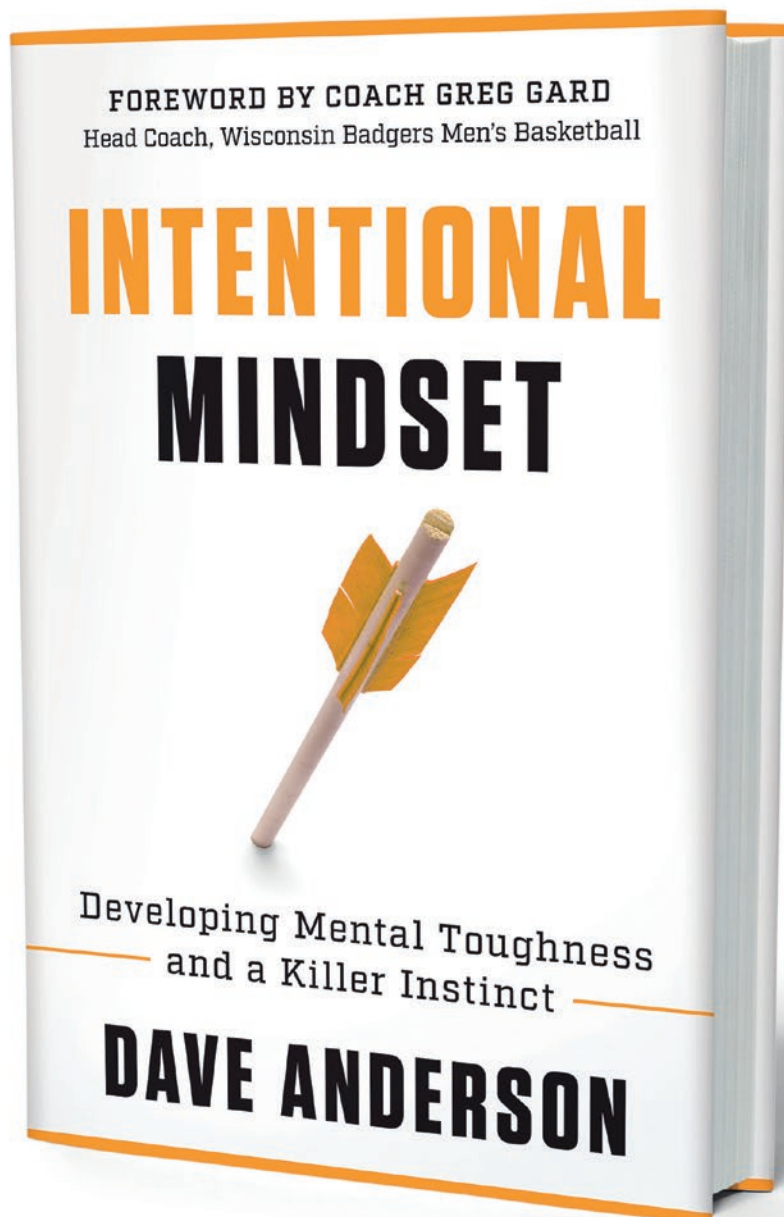


INTENTIONAL MINDSET

The 70-Day ACCREDITED Progress Diary



DAVE ANDERSON

PRESIDENT & CEO
LEARNTOLEAD

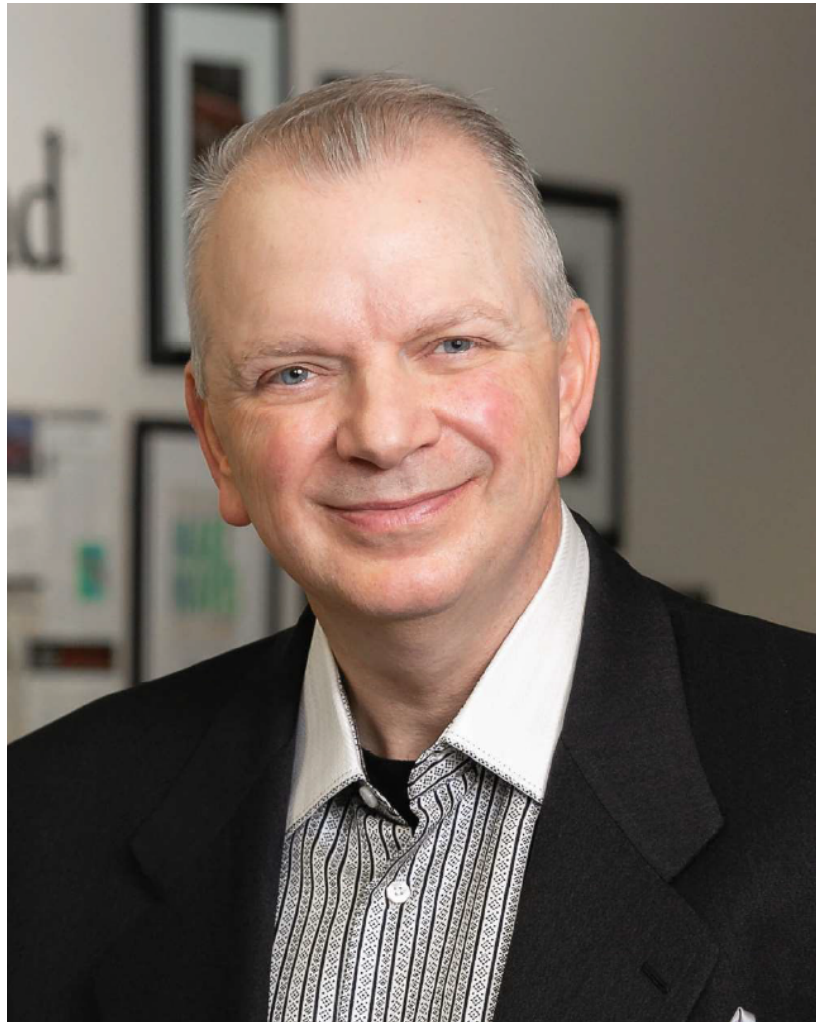
Dave "Mr. Accountability" Anderson is a leading international speaker and author on personal and corporate performance improvement. After an extensive career in the automotive retail business Dave, along with his wife Rhonda, began LearnToLead - entering its third decade - with the goal to help individuals and organizations reach their personal and corporate potential.

The author of 15 books, most recently *Intentional Mindset: Developing Mental Toughness and a Killer Instinct*, and host of the wildly popular podcast, "The Game Changer Life," Dave's no-nonsense messages impact readers and listeners in over 145 countries. Dave has spoken in twenty countries and presents 100+ times annually to a wide array of businesses, athletic teams, and nonprofits.

His immediately applicable messages, energized and dynamic presentation style, and unmatched content positively focus, equip, and inspire teams to do better - and the principles he shares resonate with audiences from a broad spectrum of industries.

His direct, often humorous, and somewhat politically incorrect approach has earned him the nickname, "Mr. Accountability," and his in-the-trenches background of starting and running world-class businesses, coupled with his relatable non-academic approach creates unmatched connection that resonates with his audiences and moves them to action.

Dave and Rhonda are also co-founders of Matthew 25:35 Foundation, which helps feed, clothe, and house under-resourced people worldwide. In his personal time Dave enjoys the martial arts and holds a second degree black belt in karate. He has been married over three decades to Rhonda, and enjoys life as a grandpa immensely.



**“SUCCESS IS NOT
A DESTINATION
THING - IT IS A
DAILY THING.**



The Game Changer Life Podcast



@DaveAnderson100
@LearnToLead100



@LearnToLead100



Dave Anderson

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The Dave Anderson Corporation

P.O. Box 2338 Agoura Hills, CA 91376

Dave@LearnToLead.com

www.LearnToLead.com

Fax 818-735-9544 - Phone 818-735-9503

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Intentional Mindset:

Build Mental Toughness and a Killer Instinct

70-Day ACCREDITED Progress Diary

Following is the 70-day blueprint to become ACCREDITED in killer instinct and mental toughness. Keep this in mind as you begin to work on each trait:

- Work on one trait per week.
- Evaluate yourself on all of the seven aspects listed for each trait using the provided scale.
- Use the additionally provided blanks to customize and write in your own aspects you would like to evaluate in addition to the seven listed for each trait.
- You may follow the traits in the order presented or customize the 70 days by starting and progressing through the traits as they most resonate with you and apply to your current opportunities and goals.
- Use the Observation & Reflections section at the bottom of each page to record specific things that went well, what to work on, key observations, and the like.
- As you move on to another trait, it is helpful to sporadically review how you're doing with the traits you've already progressed through and notice positive changes, or resolve to do better, as applicable.
- After you've progressed through the 70 days, take a one-week break, and then go through it again. Repeat the process a third time for an even higher impact. You'll be astonished at your greater awareness of how what you're doing is helping to improve killer instinct and building mental toughness, and how the "little" improvements you've made in many areas have combined to create a far higher personal morale, focus, esteem, and results.

*A settled way of thinking
reflected in one's behavior.*

Strongly
Disagree

Strongly
Agree

OBSERVATIONS & REFLECTIONS

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

COMPETITIVENESS

Striving to gain or win something by defeating or establishing superiority over others who are trying to do the same. [The primary “over others” is your former self].

Evaluate your competitiveness based on the following scale



DAY:	1	2	3	4	5	6	7
My attitude was superior to yesterday's.							
My habits were superior to yesterday's.							
My focus was superior to yesterday's.							
My discipline was superior to yesterday's.							
My knowledge was superior to yesterday's.							
My drive/energy/motivation was superior to yesterday's.							
My results were superior to yesterday's.							

OBSERVATIONS & REFLECTIONS

CHARACTER

A combination of moral and ethical qualities that determine the individual nature of a person.

Evaluate your character based
on the following scale



DAY:	1	2	3	4	5	6	7
I was honest in words and deeds.							
I was accepting of responsibility.							
I kept my commitments.							
I gave complete effort at work.							
I put others first.							
I controlled my tongue.							
I remained humble and teachable.							

OBSERVATIONS & REFLECTIONS

[illegible]

RIGOR

The quality of being extremely thorough, exhaustive, or accurate.

Evaluate your rigor based on the following scale



1	5
Strongly Disagree	Strongly Agree

DAY:	1	2	3	4	5	6	7
I scheduled my priorities in advance.							
I was successful in executing my priorities.							
My daily routine was more effective than yesterday's.							
I made productive use of downtime and commute.							
I budgeted time to improve.							
I made time to add value to others.							
I focused more on key activities than outcomes.							

OBSERVATIONS & REFLECTIONS

EFFORT

A conscious exertion of power.

Evaluate your effort based on the following scale



1

Strongly
Disagree

5

Strongly
Agree

DAY:	1	2	3	4	5	6	7
I did all I could without holding back.							
I executed the most essential tasks.							
I raised my basis.							
I invested effort in my growth.							
I didn't spend major time on minor things.							
I said "no" to low-return things.							
I gave all-out efforts in my various life arenas: family, exercise, and so on.							

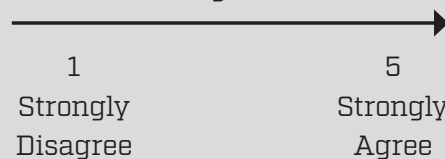
OBSERVATIONS & REFLECTIONS

[illegible]

DISCIPLINE

An activity, regimen, or exercise that builds a skill, habit, or attitude.

Evaluate your discipline based on the following scale



DAY:	1	2	3	4	5	6	7
I executed my pre-work mindset and/or exercise routine.							
I executed commitments regardless of how I felt.							
I said "no" to shortcuts and instant gratification.							
I spent less time with undisciplined "surfing."							
I said "no" to excessive trivial pursuits: idle conversation, waiting/wishing/whining.							
I got off track less often than yesterday.							
I stayed off track for less time than yesterday.							

OBSERVATIONS & REFLECTIONS

The ability to acquire and apply skills and knowledge.

1 5
Strongly Strongly
Disagree Agree

OBSERVATIONS & REFLECTIONS

[illegible]

TENACITY

The quality of being very determined; resolved, relentlessly persistent.

Evaluate your tenacity based on the following scale



1	5
Strongly Disagree	Strongly Agree

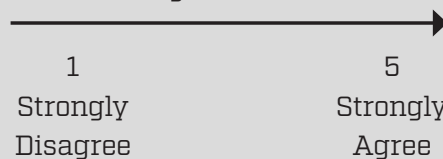
DAY:	1	2	3	4	5	6	7
I stayed on track despite obstacles.							
I persisted through tasks with excellence despite distractions.							
I kept going when I felt like quitting.							
I made myself do something when I didn't feel like it.							
I refused to take "no" for an answer today when pursuing a goal.							
I was unfazed by critics or rejection.							
I had encouraging self-talk.							

OBSERVATIONS & REFLECTIONS

ENERGY

The strength and vitality necessary for sustained physical and MENTAL activity.

Evaluate your energy based on the following scale



DAY:	1	2	3	4	5	6	7
I increased mental strength by building and guarding my mind throughout the day.							
I didn't engage in activities last night that drained my energy today.							
I had high levels of energy and engagement in all life arenas.							
I stayed mentally locked into the tasks that mattered most.							
I powered through when physically tired without "resting" at work.							
I avoided energy leaks.							
I ate energizing food and stayed hydrated.							

OBSERVATIONS & REFLECTIONS

DRIVE

An innate biologically determined urge to attain a goal or satisfy a need.

Evaluate your drive based on the following scale



DAY:	1	2	3	4	5	6	7
I did a quality job reviewing my <i>WHY</i> .							
I chose and reviewed my landing place.							
I didn't require external motivation.							
I focused enough on the goals that matter most.							
I focused enough on what I can control.							
I felt unstoppable today despite conditions.							
I avoided undriven people and drive-draining activities.							

OBSERVATIONS & REFLECTIONS
