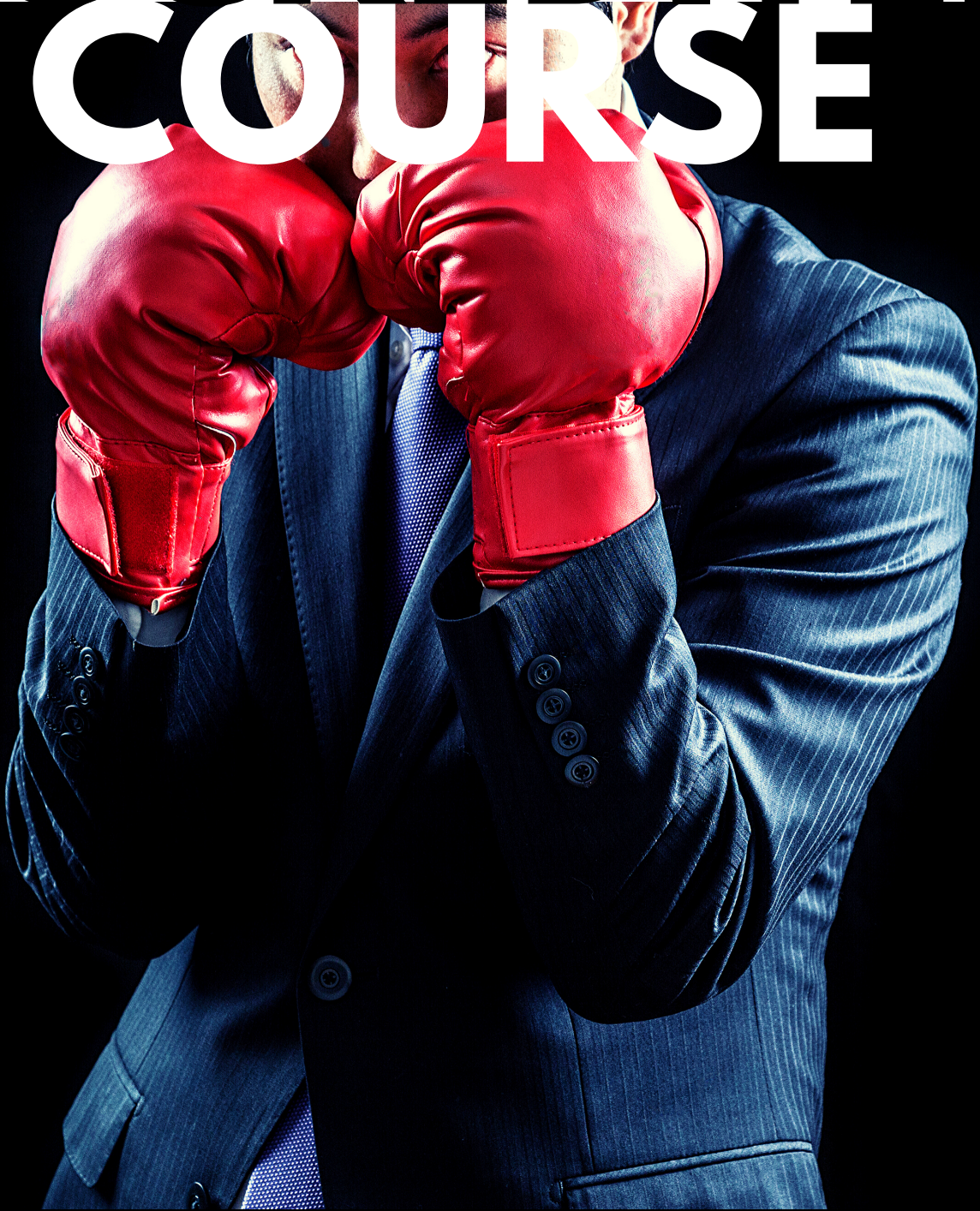


DAVE ANDERSON'S

ACCREDITED COURSE



BUILD KILLER INSTINCT & MENTAL TOUGHNESS

*THE ONE-TWO PUNCH THAT KNOCKS OUT
COMPLACENCY & ACCELERATES SUCCESS*

ABOUT DAVE

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



The author of fourteen books, and host of the wildly popular podcast, *The Game Changer Life*, Dave's no-nonsense messages impact listeners and readers in nearly eighty countries. Dave speaks 100+ times per year to a wide array of businesses and non-profits, and works as a mental toughness consultant for individual athletes and teams. 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 wide array of industries: automotive, banking, insurance, manufacturing, retail, non-profits, law enforcement, universities, service industries, athletic teams and more.

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

Dave is also co-founder of the 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 three decades to Rhonda, and has recently become a grandpa for the first time.



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Listen to Dave's energetic and wildly popular podcast, *The Game Changer Life*! Never miss an episode by subscribing on Apple Podcasts, Spotify, iHeartRadio, or wherever you listen to podcasts.



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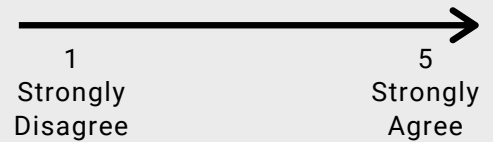
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ATTITUDE

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

Evaluate your attitude
based on the following
scale



DAY:	1	2	3	4	5	6	7
I responded well to negative things.							
I was not easily offended.							
I demonstrated positive speech.							
I focused on what I could control.							
I was able to maintain grace under stress.							
I avoided blame and excuses.							
My words and actions made others feel better about themselves.							

OBSERVATIONS & REFLECTIONS

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 attitude 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 attitude based on the following scale

1

Strongly Disagree

5

Strongly Agree

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

RIGOR

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

Evaluate your attitude based on the following scale

1

Strongly Disagree

5

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 drive time.							
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 attitude 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, etc.							

OBSERVATIONS & REFLECTIONS

DISCIPLINE

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

Evaluate your attitude based on the following scale

1

Strongly Disagree

5

Strongly Agree

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

INTELLIGENCE

- *The ability to acquire and apply skills and knowledge.*

Evaluate your attitude based on the following scale



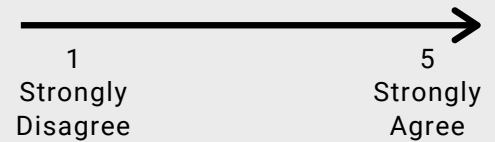
DAY:	1	2	3	4	5	6	7
I acquired new knowledge.							
I practiced or improved a skill.							
I asked for feedback.							
I acted on feedback.							
I executed my action plan well.							
I tried something new.							
I learned from a mistake.							

OBSERVATIONS & REFLECTIONS

TENACITY

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

Evaluate your attitude based on the following scale



DAY:	1	2	3	4	5	6	7
I stayed on track despite obstacles.							
I persisted through tasks 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 rejection or critics.							
I had encouraging self-talk.							

OBSERVATIONS & REFLECTIONS

ENERGY

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

Evaluate your attitude based on the following scale

1

Strongly Disagree

5

Strongly Agree

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 attitude based on the following scale

1

Strongly Disagree

5

Strongly Agree

DAY:	1	2	3	4	5	6	7
I did a quality job reviewing my WHY.							
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