

FREE EBOOK

THE *High Performer's* PATH

THE 8 FORCES OF POTENTIAL FOR MINDSET MASTERY

Learn how high performers create
limitless success & satisfaction

BECCAPOWERS.COM

MINDSET EXPERT



BECCA POWERS

Fortunate 500 Sales Executive & Best-Selling Author

Becca Powers is a renowned keynote speaker and corporate trainer specializing in mindset mastery for high performers. With a multi-award-winning, 20-year career as a Fortune 500 sales executive, she transforms audiences with her unique approach. Becca is the best-selling author of "Harness Your Inner CEO" and "A Return to Radiance," and hosts "The emPOWERed Half Hour" podcast. From corporations to conferences, Becca's expertise helps professionals unlock new levels of success and fulfillment.



THE High Performer's PATH

IGNITE PASSION, EMBRACE PURPOSE

The High Performer's Path: The 8 Forces of Potential for Mindset Mastery is your roadmap to creating limitless success and deep satisfaction in both your personal and professional life. This e-book is designed to ignite your passion and help you embrace your true purpose by harnessing the 8 Forces of Potential. Through powerful strategies and actionable insights, you'll learn how to master your mindset, unlock your full potential, and embark on a journey towards a life filled with passion, purpose, and unparalleled success. Whether you're aiming to elevate your career, improve personal fulfillment, or achieve both, this guide provides the tools you need to become the high performer you were meant to be.

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Help you embrace your greatness in a way that gives you deep satisfaction and sustainable success

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To reap the rewards from the desire, activity, or goal, we must have the fortitude to overcome the obstacles along the way without wavering requiring us to leverage our character traits.

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Rate each question with the answer that's most accurate and learn where to harness your energy to create more success and satisfaction.

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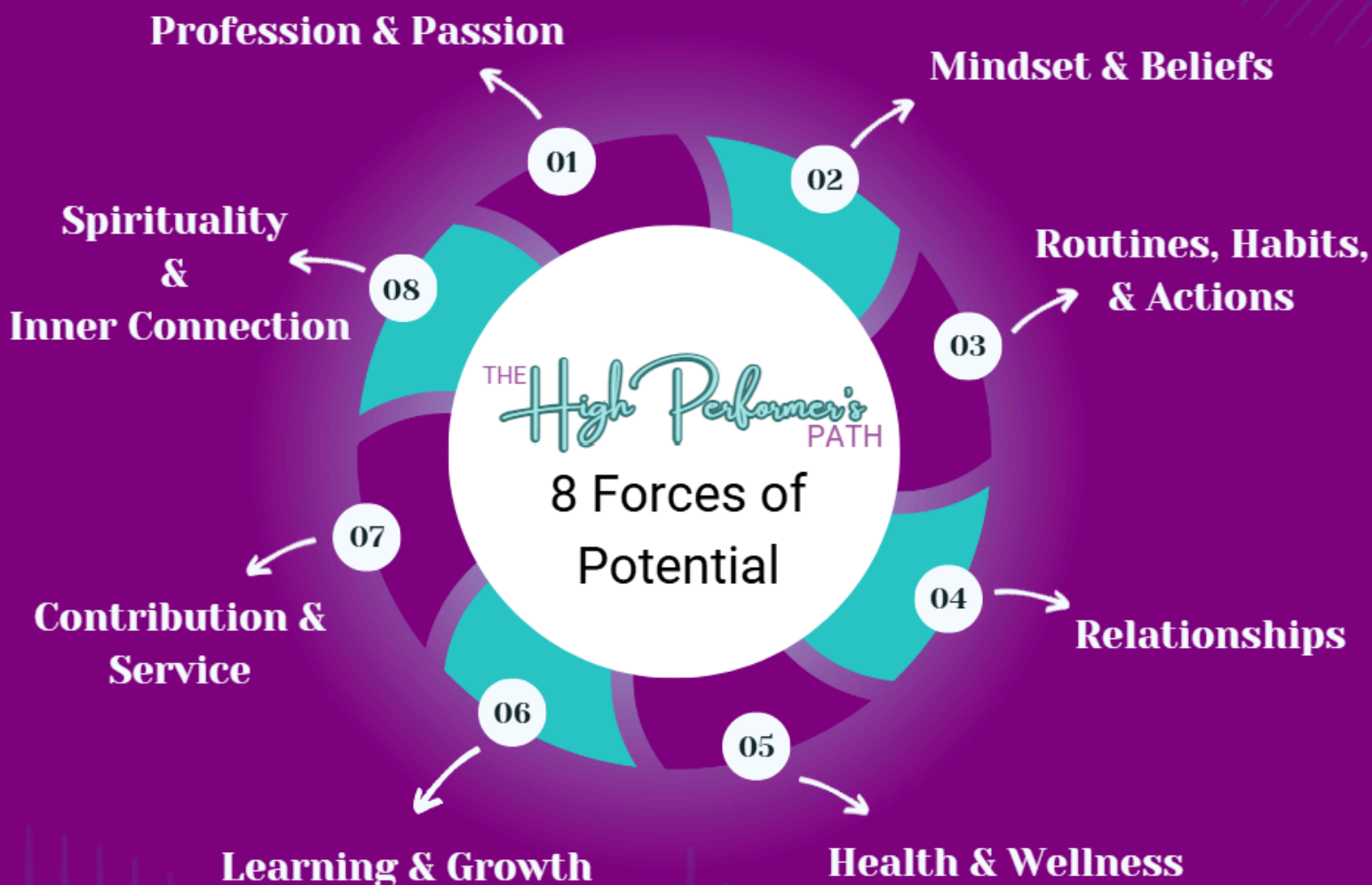
RESOURCES

Discover ways to continue on your journey of unleashing your potential to create limitless success and satisfaction

INTRO TO THE 8 FORCES OF POTENTIAL

Eight primary forces of potential will help you stay in this zone of rocking your strengths, talents, gifts, and uniqueness. They will help you embrace your greatness in a way that gives you deep satisfaction and sustainable success. They will also deepen the love that you have for your- self and others. They will increase your sense of belonging and the connectedness you feel from Infinite Intelligence as well as others.

Each force is unique, and if overlooked, they can create an energetic blockage in your path to realizing your full potential. Navigating all eight forces of potential simultaneously may seem daunting. However, tackling 1 to 3 forces at a time is entirely doable. With consistent effort and intention, you can gradually master each force, helping you develop and strengthen your character for radical commitment meaning 100% all-in.





“
**When your
commitment is
100 percent, the
results aren’t
partial — they’re
radical.**

-
Becca Powers

FORCE 1: PROFESSION & PASSION

CLEARLY DEFINE YOUR GOALS

Clearly define your goals, aspirations, and dreams as they relate to your profession and your passions. Set specific, achievable, and meaningful objectives that align with your values and passions.

A practical and intentional framework I like to use is called S.M.A.R.T. goals. This acronym stands for Specific, Measurable, Achievable, Relevant, and Time-bound. Clear goals and dreams allow Infinite Intelligence to support our goals, bringing them into reality faster.



THE HIGH PERFORMER'S PATH

- What lights you up inside and what are some subjects you're passionate about?
- How can you do more of what you love at work and at home?
- What is one S.M.A.R.T. goal you can set for your dreams as it relates to your profession and/or passions?

FORCE 2: MINDSET & BELIEFS

CULTIVATE A POSITIVE AND GROWTH MINDSET

Cultivate a positive and growth-oriented mindset. Work on aligning your beliefs and thoughts with the life you want to create, embracing optimism, resilience, and self-belief.

Your thoughts and emotions consciously and subconsciously run your world. Feed that mind with positive and self-affirming thoughts that trigger supportive radiant emotions.



THE HIGH PERFORMER'S PATH

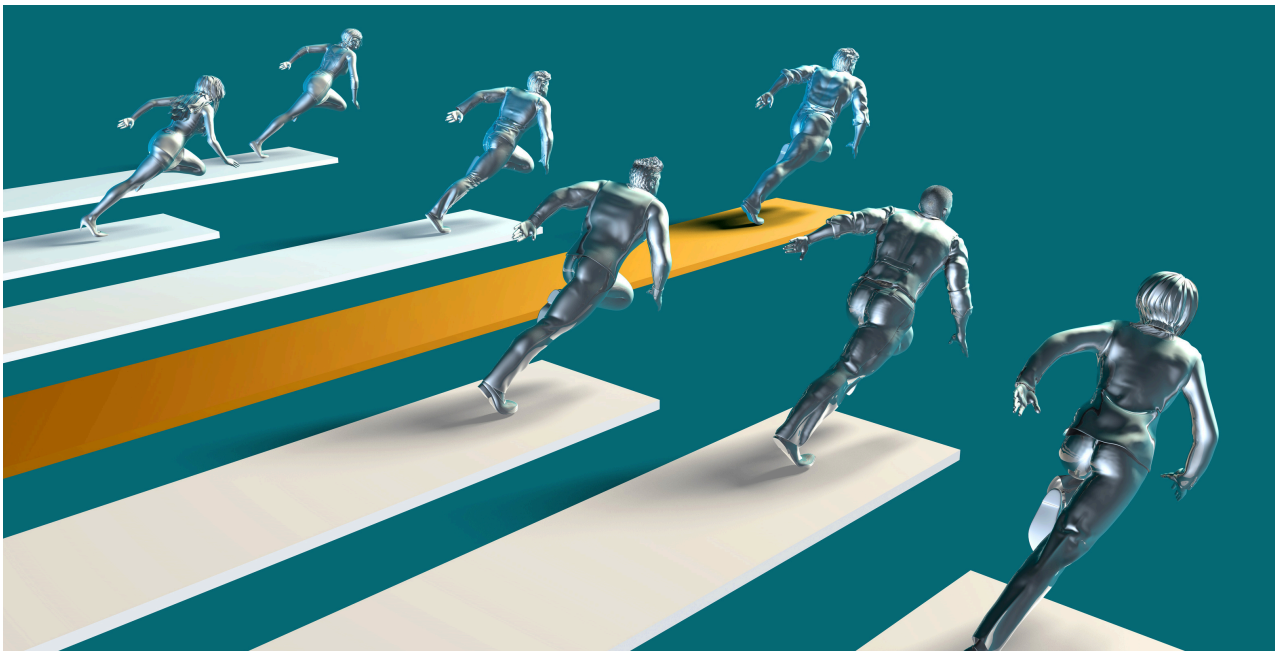
- What is a negative thought that keeps replaying in your mind?
- Can you think of a more supportive thought to replace it?
- What do you think you could gain by embracing a growth mindset and a belief that positive possibilities exist?

FORCE 3: ROUTINES, HABITS & ACTIONS

INTENTIONALLY DESIGN YOUR ROUTINES

Intentionally design daily routines and habits that support your goals. Consistently take actions aligned with your values, as small, consistent steps lead to significant progress over time.

Action is the ultimate fear destroyer. Your routines and habits can either lead you to a lackluster life or one filled with success and satisfaction, so make sure your days mirror the outcomes you want.



THE HIGH PERFORMER'S PATH

- Do your current routines and habits support your success and satisfaction?
- What is one new positive action you can take towards your dreams?
- What can you do differently today than yesterday?

FORCE 4: RELATIONSHIPS

BE INTENTIONAL

Be intentional about the relationships you cultivate. Surround yourself with supportive, positive, and inspiring individuals who uplift and encourage your growth.

Birds of a feather flock together, right? Hang out with the naysayers, the “I can’t do it” crew, and you’ll end up marinating in their negativity. You want champions by your side! Surround yourself with the cheerleaders, the visionaries, the go-getters. Seek out those folks who see your potential and raise you higher.



THE HIGH PERFORMER'S PATH

- Who are the supportive people in your life?
- Do you have any mentors or coaches? If so, who are they?
- How can you leverage them to pull out your best qualities and strengthen your character?

FORCE 5: HEALTH & WELLNESS

PRIORITIZE YOUR WELL-BEING

Prioritize your physical, mental, and emotional well-being. Set intentions around exercise, nutrition, self-care practices, and mental health strategies to support your overall wellness. Your wellness and health are the key to unleashing potential.

Think of it this way: You've got this toolbox of gifts, talents, and strengths waiting to be utilized, but without the energy to wield them, they'll just gather dust. Great health can fuel your unstoppable spirit.



THE HIGH PERFORMER'S PATH

- How well do you prioritize your health and well-being if you are being honest with yourself?
- What could you do different to improve your relationship to your mental wellness?
- What can you do today that would optimize your health?

FORCE 6: LEARNING AND GROWTH

COMMIT TO CONTINUOUS LEARNING

Commit to continuous learning and personal development. This helps you learn what you are capable of doing and achieving as well as strengthens the qualities of your character.

Growth is where the magic happens! You've got this incredible brain, but believe it or not, you're only tapping into a fraction of its potential. Every time you learn something new, you're better equipped for the next challenge.



THE HIGH PERFORMER'S PATH

- Name something you could do or something new you could experience that would help you learn, grow, and discover more about who you are.
- What actions can you take towards this?
- What possibilities could open up for you as a result?

FORCE 7: SERVICE & CONTRIBUTION

SET INTENTIONS TO GIVE BACK

Set intentions around giving back and making a positive impact. Identify ways to contribute to causes or communities that resonate with your values and passions, and it will help deepen your character. From volunteering your time to sharing your gifts, there are so many ways that you can make a contribution.

When you intentionally align yourself with the kind of service that ignites your soul, guess what? Doors fling wide open that you didn't even know existed.



THE HIGH PERFORMER'S PATH

- List some ways that you can serve others in a way that feels rewarding to you.
- How can you increase your impact in a way that fills your cup?
- What organizations or causes are you passionate about?

FORCE 8: SPIRITUALITY & INNER CONNECTION

CULTIVATE PRACTICES THAT DEEPEN AWARENESS

Cultivate practices that deepen your spiritual connection or inner awareness. This may include meditation, mindfulness, prayer, or practices that foster a sense of inner peace and alignment.

Infinite Intelligence is supporting you and the driving force behind your most authentic and awe-inspiring goals. Intentionally embrace that power, embrace that connection, and reveal your most radiant self.



THE HIGH PERFORMER'S PATH

- What are some practices that help you align to your peace and potential?
- How can these practices help you deepen your self-awareness?
- What could you achieve if you had more clarity?

YOUR CHARACTER COUNTS

To reap the rewards from a desire, activity, or goal - whether personal or business - we must have the fortitude to overcome the obstacles along the way without giving up. This requires us to leverage our character traits and become radically committed. Energy knows the difference between 100% and 98% commitment. We can't psyche out Infinite Intelligence, the all-knowing force in the cosmos and beyond.

How do we achieve full commitment, especially when we are entering uncharted territory?

We commit to our character and the qualities of who we are and who we know we can be. Radical commitment is more about the qualities we possess rather than having a perfectly executed plan. Commitment comes from within and requires us to be active and harness our unstoppable spirit.



What determines whether you keep going or not is how committed you are to the person who wants these results — YOURSELF. Developing strong character will help you overcome the difficult trials that surface along the way.

POWERFUL TRAITS OF RADICAL COMMITMENT

Here are several character traits commonly seen in those who display radical commitment to their dreams, goals, and well-being:

OPTIMISM

Maintaining a positive attitude and belief in the possibility of success, even when it feels hard or impossible.

CONSISTENCY

Regular and dedicated effort toward the desired outcome, even when progress is slow or difficult.

FOCUS

Maintain unwavering attention on the goal, avoid distractions, and prioritize tasks that align with the commitment.

PASSION

Genuine enthusiasm and excitement for the goal, driving motivation and fueling efforts to achieve it.

RESILIENCE

The ability to bounce back from failures or setbacks, learning from mistakes and using them as opportunities for growth.

SACRIFICE

Willingness to make sacrifices, such as time, energy, or resources, in pursuit of the commitment without sacrificing well-being.

ACCOUNTABILITY

Taking responsibility for actions and decisions related to the commitment helps hold oneself accountable for progress.

WHOLEHEARTEDNESS

Investing full energy, focus, and passion into the commitment, leaving no room for doubt or hesitation.

THE HIGH PERFORMER'S PATH

- Which of these characteristics do you already possess?
- Which ones do you need to embody? What is it that you would like to see manifest into reality for yourself — a hobby, a project, a goal, a new career, a relationship?
- How can these characteristics help achieve radical commitment?

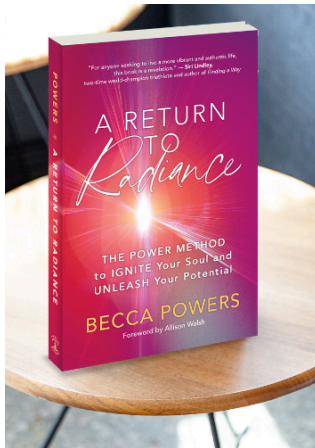
THE 8 FORCES SELF-ASSESSMENT

Rate each question with the answer that's most accurate. After you complete, select which forces you want to develop.

1 = Needs to be prioritized, 2 = Working on it, 3 = Rockin' it

		1	2	3
Force 1	Profession and Passion — Have you outlined your goals and dreams and defined them with S.M.A.R.T goals that align with your values, your work, and your passions? <i>(Smart, Measurable, Achievable, Relevant, Time-bound)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Force 2	Mindset and Beliefs — Have you cultivated a positive and growth-oriented mindset where you are actively aligning your beliefs and thoughts with the life you want to create?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Force 3	Routines, Habits, and Actions — Have you intentionally designed daily routines and habits that support your goals? Do you consistently take actions aligned with your intentions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Force 4	Relationships — Are you intentional about the relationships you cultivate? Are you surrounding yourself with supportive, positive, and inspiring individuals who uplift, and encourage your growth?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Force 5	Health and Wellness — Do you prioritize your physical, mental, and emotional well-being? Are you setting intentions around self-care practices and mental health strategies to support your overall wellness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Force 6	Learning and Growth — Do you commit to continuous learning and personal development? Are you acquiring new skills, gaining knowledge, and expanding your horizons in areas that contribute to your growth?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Force 7	Service and Contribution — Do you set intentions around giving back and making a positive impact? Have you identified ways to contribute to causes or communities that resonate with your values and passions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Force 8	Spirituality and Inner Connection — Have you cultivated practices that deepen your inner awareness? Do you have practices like meditation, mindfulness, or prayer that foster a sense of peace and clarity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

RESOURCE LIBRARY



BECCA'S BEST-SELLING BOOKS

Discover the transformative power of Becca's books, designed to help High Performers master their mindset and reclaim their brilliance. Becca's books offer practical strategies to break free from limiting beliefs and embrace limitless possibilities.

[MORE INFO](#)



BECCA'S POPULAR PODCAST

The emPOWERed Half Hour is an interview-based podcast that offers you the inspiration, motivation, and empowerment you need to overcome life's personal and professional adversities.

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BECCA'S TRANSFORMATIONAL TRAININGS & KEYNOTES

Unlock your team's limitless potential with Becca's transformative live events. Known for her ability to energize, empower, and engage audiences, Becca inspires professionals to become their best selves.

[MORE INFO](#)



TESTIMONIALS



HOWARD BEHAR - PRESIDENT OF STARBUCKS, RETIRED

Becca hits the nail on the head. There is nothing more important than taking charge of your own journey.



ESTELLE ESTRAUMUS, AWARD-WINNING JOURNALIST AND BEST-SELLING AUTHOR

Becca Powers channels the generous spirit of spiritual thinking pioneers like Shakti Gawain along with the business acumen of Adam Grant to help you unlock abundance and manifest the limitless potential in your career — and life.



ARIA JOHNSON, TV PERSONALITY AND BURNOUT EXPERT

With a mix of personal anecdotes, practical exercises, and profound insights, Powers invites us to break free from the confines of burnout and embrace a life of purpose, joy, and fulfillment.



CONNIE WOOLSEY, VP OF RETAIL OPERATIONS AND ACCOUNTABILITY EXPERT

Becca Powers provides proven strategies and techniques for showing up for yourself, leveling up, and taking action while bringing you on a journey and providing real-life lessons to get the most out of this one life!

BECCA'S NEXT BOOK RELEASES OCTOBER 8TH 2024

A RETURN TO RADIANCE



PRE-ORDER AND RECEIVE \$333 IN FREE BONUSES

Designed to help readers unlock the power within them and unleash their fullest potential, Becca Powers's groundbreaking *A Return to Radiance* gives today's working men and women the tools to reclaim brilliance, overcome obstacles, grow resilience, turn limiting beliefs into limitless possibilities, and craft a life that leaves a legacy of empowerment, impact, and fulfillment. The 8 forces of potential are straight out of chapter 22. So, if you want to discover more and are looking to ignite more passion and embrace purpose, then this book is for you!

The link below and the QR code will guide to your purchasing options, your bonus details, and how to claim them. Let's go!

[PRE-ORDER](#)



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YOUR PEAK POTENTIAL AWAITS!



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