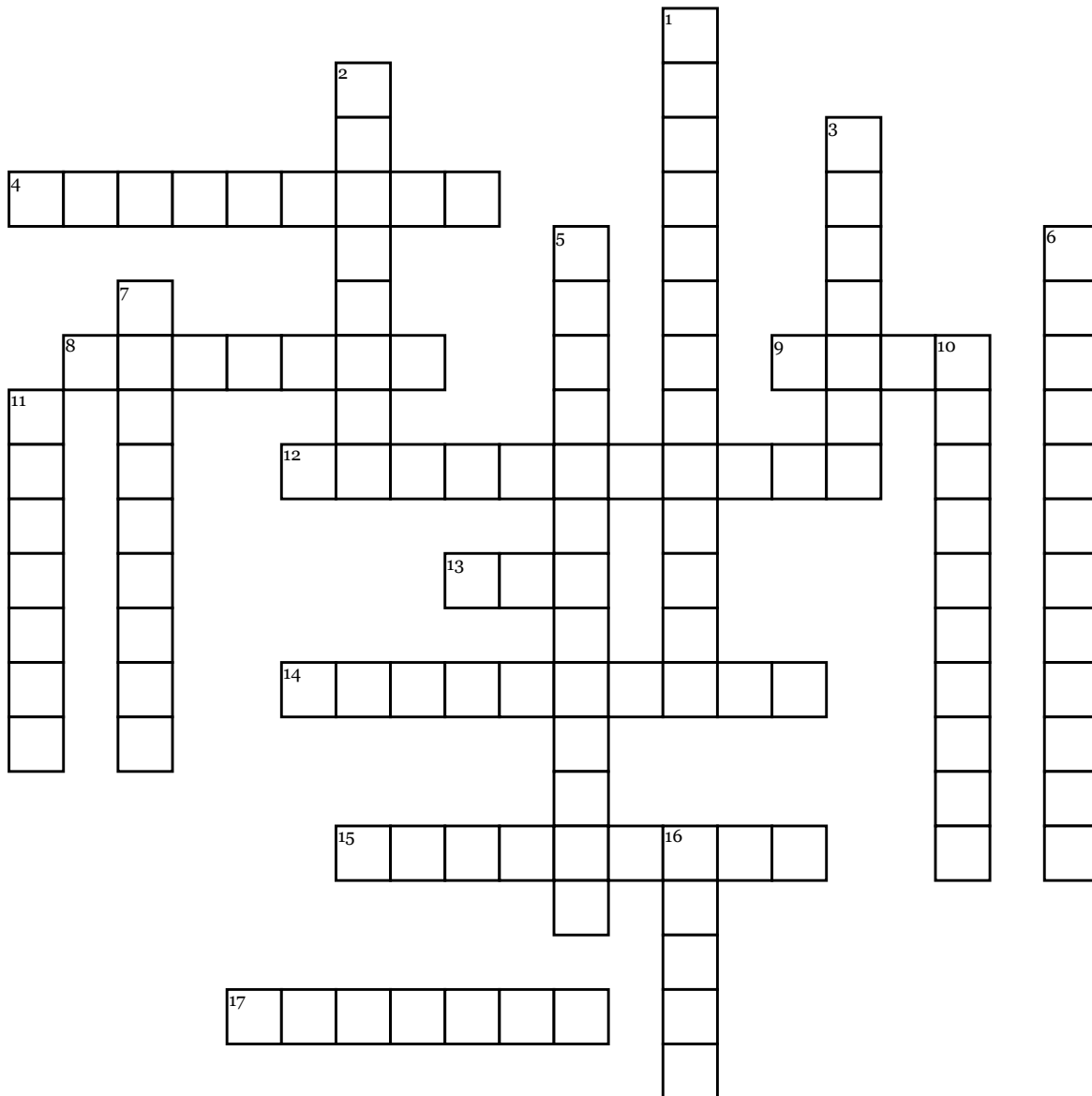


Peak Performance & Resiliency Review



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