"The Making of a Corporate Athlete" Harvard Business Review Jan 2001 J. Loehr and T. Schwartz

Rituals

Rituals

Rifuals

SPIRITUAL CAPACITY

Provides a powerful source of motivation, determination, and endurance

MENTAL CAPACITY

Focuses physical and emotional energy on the task at hand

EMOTIONAL CAPACITY

Creates the internal climate that drives the Ideal Performance State

PHYSICAL CAPACITY

Builds endurance and promotes mental and emotional recovery