



# The MindSide Manifesto: The Urgency to Create a Competitive Mindset

*Bhrett McCabe PhD*

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Life is meant to be lived fully. Unfortunately, too many allow life to live them, and as a result, success is out of reach. A fully engaged life always begins in the mind, impacting thoughts, feelings, and actions to create the pathways and habits responsible for success. Elite competitors start with a purpose-driven mental approach to their success, so much so that it becomes their identity – their Manifesto. The MindSide Manifesto dives into the factors that often rob athletes, coaches, and leaders of their ability to live and compete to their full intent. By exploring the traps that commonly limit success and developing your focused, driven mindset, dreams become reality. Only when you fully declare your Manifesto and commit to the plan of achieving it, will you reach your true potential. It is your choice – Are you willing to invest in you and your Manifesto?



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