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~~requires doing~~  
~~/"abnormal/" things |~~  
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takes you through

the steps of making

these critical

behaviors part of

your everyday

routine. Practice your

accountability, focus,

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and optimism, and you ' ll be on the path to attaining your goals; make them part of your mental " DNA, " and there will be no turning back ever.

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- Accountability truly develop a “no-excuse” mentality
- Focus significantly increase attention, focus and confidence
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the steps of making these critical behaviors part of your everyday routine. Practice your accountability, focus, and optimism, and you'll be on the path to attaining your goals; make them part of your mental "DNA," and there will be no turning back--ever.

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Executive Toughness

is designed to help you build and strengthen the three

traits all highly

successful people

share: accountability, focus, and optimism.

Here is a brief

rundown of the

program ' s 10

fundamentals. Know

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Dr. Jason Selk is the  
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is the step-by-step  
plan that will  
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mental toughness

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The "executive toughness" to which the title of Selk's book refers is essentially the same strength found in peak performers in all other human

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would be the first to  
add, human  
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spirit and, even more  
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