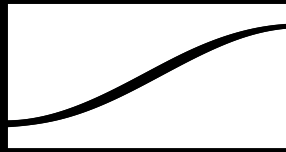


SFAGNA



LIFE

PERFORMANCE ANALYSIS



Mental.
Physical.
Motivational.
Emotional.
Spiritual.

SFAGNA

MENTAL

PERFORMANCE ANALYSIS



The mind is where our thoughts reside. It represents our invisible, inner person. Who we are. This inner person determines our moral character. For this reason, we are what we think. Our thinking dictates the decisions we will make in our life. Decisions that will ultimately determine who we are and what we will become.

KEY DISCOVERIES OF THIS ANALYSIS

- How you Perceive Yourself and Life in General.
- How you Perceive Opportunities and Challenges.
- Your Mental Aptitude and Attitude.
- Your Mental Capacity and Staying Power.
- Your Belief Operating System.
- How well you Adapt to Change and Adversity.

Having the right Mindset comes before pursuing a Goal. It is preparing oneself for success. Being ready for any opportunity before it shows itself.

PHYSICAL

PERFORMANCE ANALYSIS



Developing our Physical Assets requires possessing strong Mental, Motivational, and Emotional discipline. Doing so ensures we have the physical energy and conditioning we will need to sustain the demands pursuing, achieving, and maintaining excellence requires of us.

KEY DISCOVERIES OF THIS ANALYSIS

- Your Physical Energy, Condition, and Stamina.
- Your Physical Capacity and VO_2 max Levels.
- The Costs and Benefits of what you are Feeding your Body.
- What your Appearance, Attire, and Demeanor say about you.
- The Affects your Lifestyle has on your Physical Well-Being.
- How your Condition and Appearance is affecting your Income.

We work with Individuals and Teams to identify the Strengths and Limitations their Physical Assets have on their Ability to Achieve their Goals.

MOTIVATIONAL

PERFORMANCE ANALYSIS



Motivation resides in a person's heart. This is where it takes root. The reason most people have short lived desire about or for something is it doesn't have root. Their heart isn't in it. They get excited for a time, but lose interest and give up when the time comes to pay its price.

KEY DISCOVERIES OF THIS ANALYSIS

- If you are Motivated.
- What your Motivation is.
- If your Goals are Capable of Making you Happy.
- How your Motivation Affects your Performance.
- The Purpose and Calling for your Life.
- Who and What you Value most in your Life.

Getting to know yourself, your Passion, and your Purpose is necessary to Setting Goals that are capable of Satisfying your Motivation.

EMOTIONAL PERFORMANCE ANALYSIS



Our Soul communicates through our Will and our Emotions. Each is a channel that expresses how we feel about about people, places, and things, as well as how we respond to events and circumstances in our life. They can be Positive or Negative, Calm or Heated. They can be Inspiring or Defeating, Uplifting or Destructive.

KEY DISCOVERIES OF THIS ANALYSIS

- How you Feel about Yourself and Others.
- How you Feel about What you do.
- What Feeds and Taxes your Performance and Productivity.
- The Costs of Living in a Negative Energy Zone.
- The Benefits of Living in a Positive Energy Zone.
- How to Attract what you Desire in your Life.

Will and Emotion can be a friend or an enemy. Learn how to Fuel your Will and Control your Emotion and you will learn how to Achieve Peace, Harmony and Success.

SPIRITUAL

PERFORMANCE ANALYSIS



Knowledge comes from the world. It is gained from what we learn and experience. Wisdom comes from The Lord. It is acquired from the Holy Spirit. It is not something we have ever learned or done.

Each serves a purpose in making us the person we are and in preparing us for life's journey.

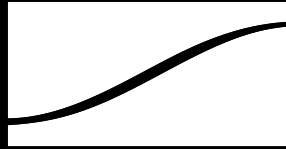
KEY DISCOVERIES OF THIS ANALYSIS

- **Your Calling:** The Gifts and Talents you have been given.
- **Your Ability:** How well you are equipped to use what have.
- **Your Condition:** Where you are at in your Life.
- **Your Faith:** Who's Strength you are Working in.
- **Your Strength:** How much you can Carry and Handle.
- **Your Overflow:** What you have to Share and Give to others.

Knowing what is Controlling or Preventing you from Living your Best Life is key to Breaking Through your Limitations and Tapping into your Capacity.

SFAGNA

Excellence Without Compromise™



**Take the Steps Required to
Become Your Best!**