

UNLEASH THE  
PEAK PERFORMER  
WITHIN YOU

## CHAPTER 3

# FIVE MENTAL PILLARS OF ELITE PERFORMANCE

*"To break through your performance, you've got to breakthrough your psychology."*

**- Jenson Siaw -  
Performance Coach**

1

**Go to [www.tigerpi.com](http://www.tigerpi.com) to find free resources.**



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2

**Take the assessments for mindset, grit, and internal locus of control.**

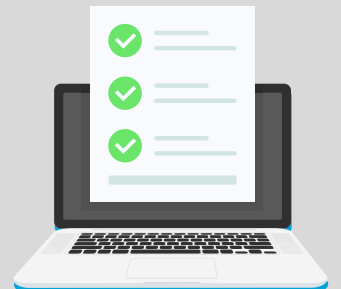


3

**Consider enrolling in Tiger's Get in the Zone Online Course to deepen your understanding of these 5 pillars.**



REGISTRATION



**INTERESTED IN LEARNING MORE?**



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