



FOR FOUNDERS, EXECUTIVES AND PROFESSIONALS

Your mind is your sharpest performance advantage — or the thing quietly getting in the way.

Mental Fitness is the trained capacity to meet challenge with clarity, focus and intention — under pressure, in conflict, and on the days the calendar wins.

It is a capability, not a personality. Capabilities can be measured and built.

WHAT IT BUILDS

— Perform under pressure

Steady judgment when the stakes rise.

— See the pattern

Name the reaction that hijacks the decision.

— Strengthen focus

Recover attention faster after conflict.

— Build resilience

A hard week stops costing a quarter.

— Lead with intention

Respond deliberately; the room feels it.

— Make it measurable

A starting point you can score and re-read.

Scan to start.

Discover your Mental Fitness starting point: a short, private read of how you respond under pressure, returned with the patterns behind it.

REGISTER WITH COMPASS · YOUR READ COMES BACK

