

# Alpha Mindsets

Alpha: (n) One who takes the lead, goes *first*.

(adj.) Confident *and* outcome independent.

I am responsible for my emotions.

I assume the best in myself and others.

I am curious; I learn from every mistake.

I challenge myself to take baby steps outside of my comfort zone.

I look for and celebrate every small victory.

I do my best, then do a little better.