



SAVVY
DENTIST

THE MINDSET OF THE BEST

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10 BEHAVIOURS THAT DRIVE HIGH PERFORMANCE

Use these reflection prompts to challenge your thinking, shift your perspective, and level up your results in business and life.

1. OPPORTUNITY FOCUS

The best don't dwell on problems — they look for openings.

- Where in my business am I focused more on obstacles than opportunities?
- What opportunities might be hiding in my current challenges?

2. UPHOLDING HIGH STANDARDS

The best raise the bar — and refuse to lower it.

- Where am I tolerating something below the standard I expect?
- What's one standard I need to recommit to in order to grow?

3. MOVING WITH URGENCY

Speed matters. The best act quickly without being reckless.

- Where am I delaying action out of fear, comfort, or indecision?
- What would it look like if I made progress today, not someday?

4. INTENTIONALLY DOING MORE

The best go beyond expectations – by design, not by default.

- What's one area where I could exceed expectations this week?
- Am I coasting in any part of my life or business?

5. PERSISTENCE

The best keep showing up — especially when it's hard.

- Where have I quit too early, or where am I tempted to quit?
- What would persistence look like if I gave myself no way out?

6. CURIOSITY

The best are learners — not knowers.

- What assumptions am I holding that need to be challenged?
- When was the last time I asked a great question instead of giving a quick answer?

7. PLAYING THE INFINITE GAME

The best understand: it's not about winning once, but playing well forever.

- Am I thinking too short-term in any part of my life or business?
- What would change if I saw this as an infinite game instead of a sprint?

8. RESOURCEFULNESS

The best don't wait for perfect conditions — they create them.

- What excuses am I making around lack of time, money, or people?
- How can I get creative with what I already have?

9. BEING REALISTIC

The best face reality — then act decisively.

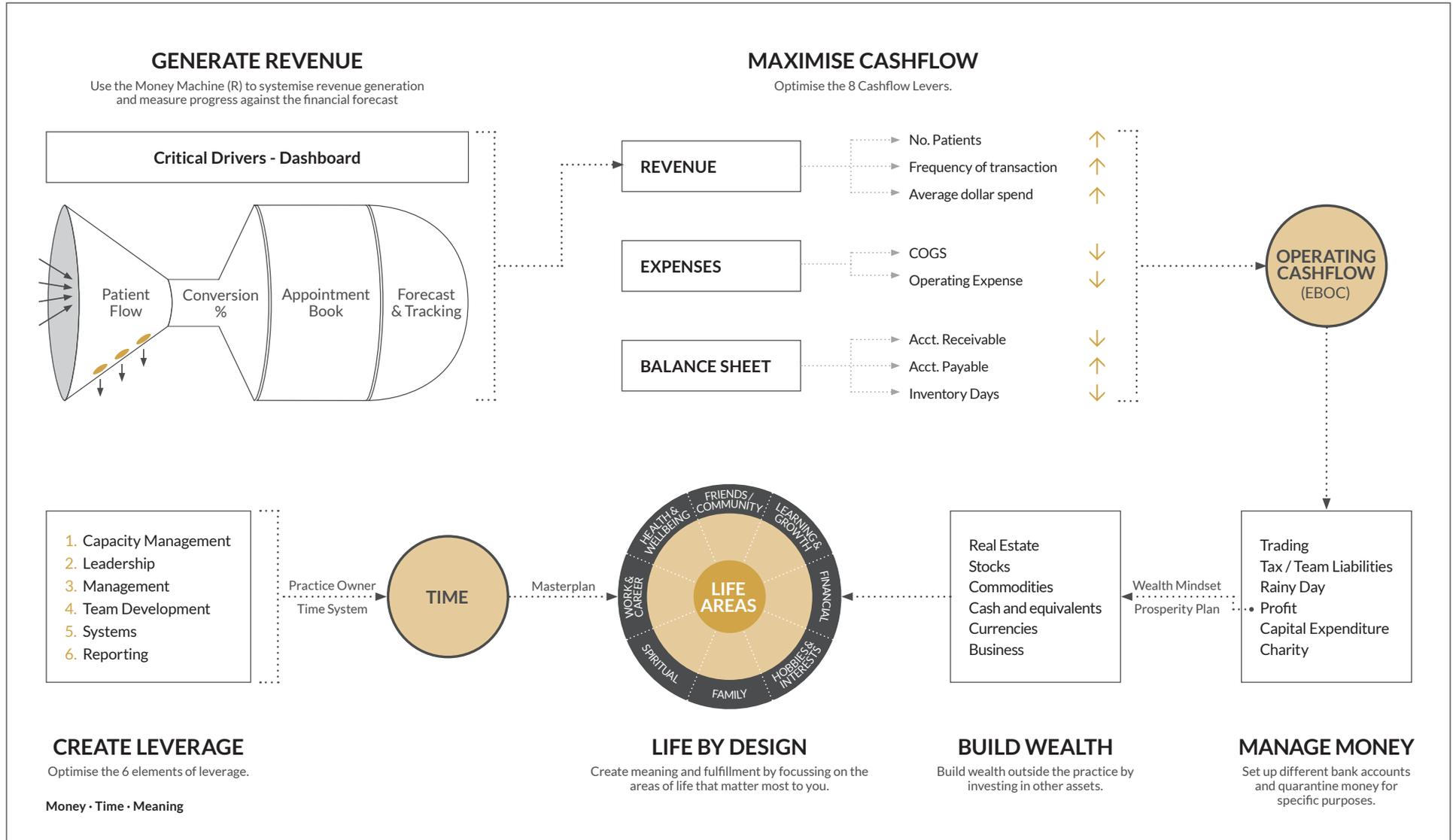
- What truth am I avoiding because it's uncomfortable?
- What's one tough conversation or decision I need to stop postponing?

10. CIRCLES OF INFLUENCE

The best focus energy where it actually counts.

- Am I investing too much energy in things I can't control?
- Where can I shift focus toward action within my circle of influence?

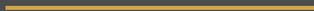
THE PLAN



Adapted from work by Bruce Campbell

NOTES

A large rectangular box containing 15 horizontal dotted lines, intended for taking notes.



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