

Who is this?



By Kirti Saxena

Mindset and Mentality: High Performance

What is high performance to you?



**I like to maintain this mindset
with everything that I do.**

By doing this you automatically become more focussed on bettering yourself which ultimately betters your success.

It also surrounds you with people who are just as focused as you.

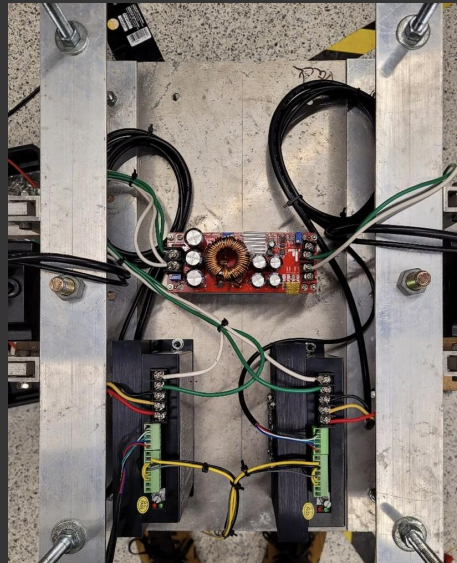
Pushes you to be at your best at all times.

Background on me

1. Bachelor of Science and Engineering from UofT (UOFTears)
2. Mechanical Engineering with specializations in Mechatronics, Sustainable Materials and Machine Learning (specializations are just the type of courses I took)
3. High Performance Athlete Representing Team Canada in the sport of wrestling (the start of why I am so crazy)
4. Signed Fashion Model in Toronto (helped put me through school and I still do it)

Engineering Projects that I am proud of; Caffeine

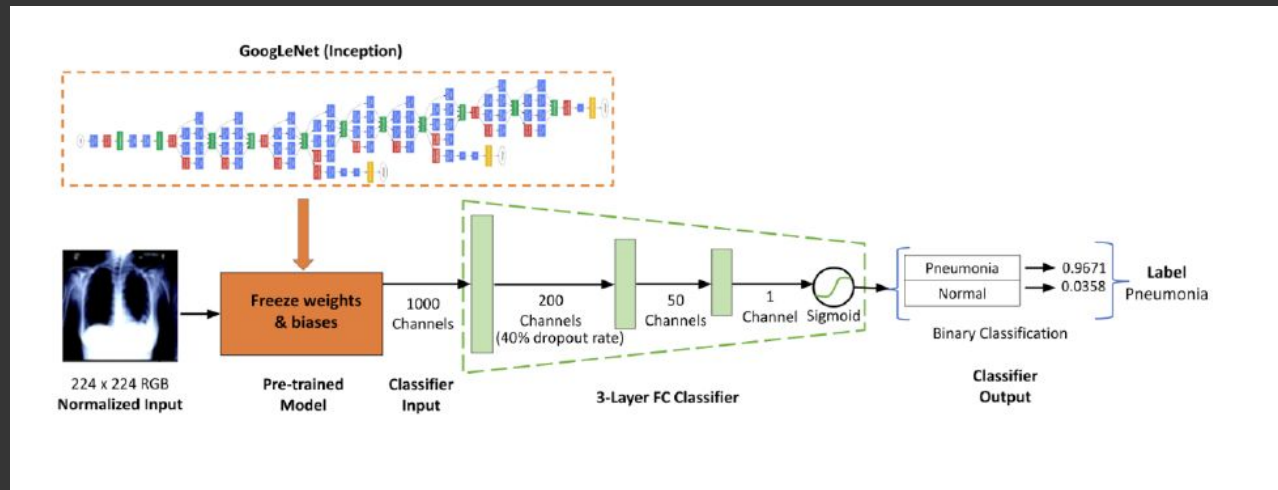
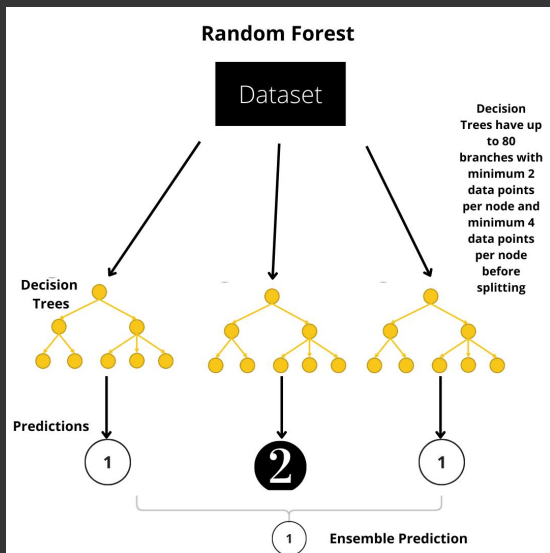
<https://www.instagram.com/p/CeJgMKyF8hJ/>



Engineering Projects that I am proud of; BAJA SAE



Engineering Projects that I am proud of; Chest X-Ray Algorithm



Athletics; Team Canada Wrestling

Because Mayu wants to know EVERYTHING.....

Consecutively #1 in Canada in my weight class and division since 14.

Highest International Ranking; 5th in the World

Competes Internationally A LOT.

Represented on the Varsity level as well.

Team Captain & a part of of a governing board.

<https://vm.tiktok.com/ZM22sSq3J/>



Modelling

How I stay humble, contrary to believe.

Was scouted on an airplane.

Started off as a part-time job so I could make side cash.



How does one be high performance?

1. Learn how to stay patient, respectful and humble
2. Observe how successful people act and then implement
3. Gain confidence in yourself (90% of being able to produce results is mental, 10% is actually knowing the contents)

→ To truly do this you MUST know yourself

4. Make sure your environment is full of support and with good influence. People can make or break you.
5. Be fearless and when the time is right and pounce on every opportunity like its your last.



Note that I have been trained from a young age to be high performance and obtain that mindset, so it is easier said than done. Be nice to yourself.

How does one maintain high performance?

1. Always feel like you can learn more. You need to do more. You aren't finished.
 - a. Some people push themselves with enthusiasm ("You can do better! Keep going")
 - b. Some people do the opposite. ("You aren't good enough, you need to do better")



It is kind of like love vs tough love. How you word it changes the negative and positive connotation.

Thanks for listening to my nonsense



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