



**Perky's
HELP**

Eye of the Tiger

Eye of the Tiger symbolises determination, resilience, and an unwavering focus on achieving success. Popularised by the iconic song of the same name, it represents the mindset of confronting challenges with courage, perseverance, and confidence.

Developing mental toughness and a positive attitude are essential for overcoming obstacles and sustaining high performance. Athletes, entrepreneurs, students and professionals often adopt this mindset as a means towards achievement. Continual effort and self-belief become the driving forces behind personal and professional success.

It may also be argued that the *Eye of the Tiger* philosophy inspires leadership, teamwork, and the motivation of others. Challenges become opportunities to innovate and adapt, with adherents emerging stronger.

Ref	The Test	The Response
A	Chaos and distractions attempt to overwhelm your focus	Prioritise ruthlessly; master your time and resources
B	Emotional reactivity of sudden adversity sparks panic	Maintain presence self-awareness and emotional regulation
C	Exhaustion threatens your mental or physical drive	Rest strategically to restore and rejuvenate
D	Fear or the unknown or comfort zones cause frustration	Take initiative, adapt fluidly, and strive forward
E	Isolation or feeling misunderstood tempts you to retreat	Actively cultivate trust and exercise radical empathy
F	Monotony or stagnation threatens to dull your spark	Boldly explore, innovate, and express your creative voice
G	Moral compromise or aimlessness pulls you off course	Re-anchor to Scriptural wisdom and core values
H	Negative self-talk or bad habits attempt to pull you down	Confront mental distortions; enforce empowering habits
I	Relational conflict or tension threatens peace	Face tension directly; build trust and resolve friction
J	Selfishness or apathy threatens your sense of purpose	Serve selflessly, support others, and lead by example
K	Setbacks or uncertainty make you doubt your path	Reflect deeply, realign with truth, and act ethically
L	Severe hardship or failure knocks you down	Endure, adapt, and refuse to quit

Ref	The Result	The Impact
A	Cuts through noise to create room for what truly matters	Sustains lasers focus on longterm goals despite external noise
B	Responds with deliberate intention rather than panic	Keeps you steady, calm, and in control during high-stress moments
C	Recharges your mind, body, and spirit to sustain longterm efforts	Prevents burnout so your inner drive stays unquenchable
D	Unleashes full potential through courageous action	Masterfully adapts to fate while taking full charge of your destiny
E	Builds meaningful, supportive bonds with others	Proves that true mental toughness includes reaching out rather than hardening
F	Reclaims passion, vitality, and personal identity	Refuses to let circumstances diminish your inner fire
G	Grounds your mind in unshakeable purpose and inner peace	Keeps your conviction intact through life’s stormiest uncertainties
H	Replaces distress with calm and disciplined routines	Conquers internal limitations through consistent discipline
I	Repairs connections and establishes emotional safety	Demonstrates the strength of character needed to maintain lasting relationships
J	Transforms individual growth into a lasting agency	Conquers internal limitations through consistent discipline
K	Regains unwavering confidence and momentum	Ensures setbacks become stepping stones rather than stumbling blocks
L	Builds deep, proven resilience and renewed hope	Directly embodies the essence of an indomitable spirit