



Maximize Your Potential with the Master Skill of High Performance



Have you ever asked yourself this question: *How can I be the best I can be in my career? Or how can I use my ability to be the best at what I do?* **Start here! Think of a time in your career when you did your best work ever. Choose a situation that exemplifies your highest performance.**

Olympic athletes today use technology to analyze personal best performance and then compare it to the best in world. Then they use superb training and coaching to bridge the gap to reach their highest potential. Their consistent effort and positive mindset change their behavior and attitude. All-time great golfer Jack Nicklaus said, *"I never hit a shot, not even in practice, without having a very sharp, in-focus picture of it in my head."* Neil Armstrong said of the moon expedition, *"It was beautiful, just like drill."* Captain Pete Conrad concurred, *"It feels like I've been there many times before."* Neuroscience shows that this works. Why not use this proven approach to ramp up your performance?

Initiate a new mindset through mental rehearsal with this Mindwarp exercise.

1. *Get a clear picture of the event in your mind of what you accomplished. Relive it with vivid details and specifics. Replay it in your mind as if it were a movie. Think of the process of the situation - people, problems, sounds, feelings, and surroundings. Review in your mind what happened, how you behaved, what you felt and what you achieved. Write your answers down to the following questions to truly visualize your personal best leadership success.*

- Describe the situation
- Outline the challenge or problem
- Identify your actions and strategies that worked
- Summarize the result: outcomes, approaches, feedback from others, bottom-line metrics
- List 3-5 lessons learned

Too often we replay or review our shortcomings or failures, not our successes. We focus on the obstacles, not the breakthroughs. This can diminish your effectiveness as your attention is on the negative.

2. Next, ask yourself, ***how can I replicate this positive experience? What lessons learned can I apply to a current challenge or goal? How can I become even more effective?***

To be the best you can be, make a commitment to personal development and excellence. Attend courses, read new books, and listen to videos or talk to top performers. Get a coach to mentor your activities. If you want to be exceptional, do exceptional things. The difference between winners and losers is that the winners do what losers will not do at all or will not do enough of. Author John Maxwell said, *"Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires to reach their potential."*

