

SELF MASTERY

Excellence is best described as our the degree to which we are willing to keep reaching 'just outside our present level of proficiency'. There's no better place to put that energy than into increasing self awareness.

Try these strategies as often as you can until they become more conscious.

1. Think of 'walking through a door' as if it was a scanner at the airport. Walking into a meeting, in the door at night to your family, or back into your office after a break, check in with 3 emotion labels for how you are feeling (yes - you'll ave to dig deep for the third one but that's the one that matters most!)

2. Ask yourself, if the sound was turned down on my voice and what am I saying, what does my body language and non verbal communication say? What are your earliest signs of being defensive? Instead of shitting people off, use the opportunity to do the opposite and say "Tell me more about that?"

3. Ask for feedback. Choose a few colleagues, your partner or your boss and ask "What's the first sign you see from me that tells you I'm stressed?"

4. Think of a time you didn't love how you managed a situation - perhaps a past relationship, a difficult client, or a disappointment at work. Sit with the discomfort as compassionately as you can. Contemplate the point in the mental 'video clip' at which you'd rewind to and ask how you'd do it differently.

5. Lastly, take a mental transcript of your thought processes at any given time in a day, and ask them if they would be colour coded as green (helpful to the situation), amber (helpful to a degree if you can avoid ruminating about them) or red (unhelpful to solving the problem).

For More Information

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