

Prepping for Performance:

How to Transform Your Day with this Simple Shift



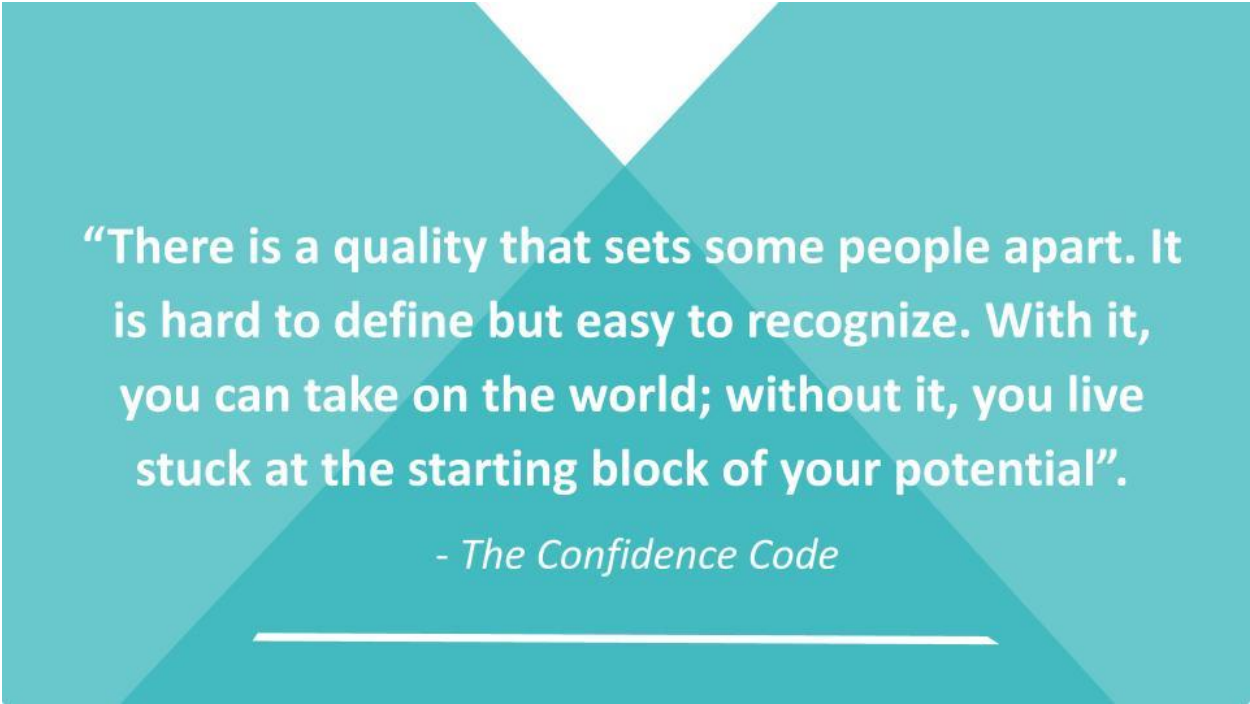
PREPARING FOR HIGH PERFORMANCE

“Success Is Where Opportunity Meets Preparation”

Many of us can get established when we're first starting our careers by 'winging it'. In the beginning, many of us can get away with not preparing ourselves for better performance. This method works for a while because the beginning levels of professional performance are flooded with people doing the same thing; responding mostly to urgent, simpler tasks that need to be accomplished and relying solely on drive, ambition, talent, or simple need. If you're more advanced in your career, you understand that this method will work less and less efficiently as you move forward in your career and toward your personal potential.

As we grow in our competence and in our professions, goals become more complex, with several routes to accomplishment. The old advantage of your unique talent, drive or ideas will decrease quickly. Many gifted, ambitious, and hardworking individuals have lost their place at the top due to lacking the simple **skills, habits, and mindset** *necessary* to continually generate

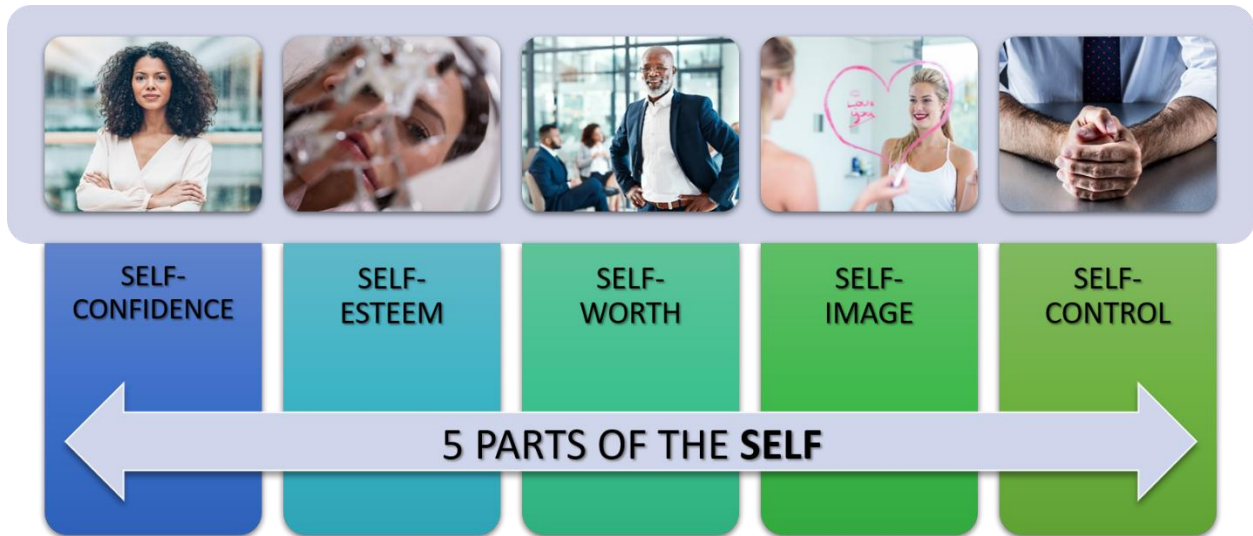
high performance results. As an executive coach, it's my job to help you develop and establish the core principles and skills you will need to achieve your optimal performance in the workplace and in life.



“There is a quality that sets some people apart. It is hard to define but easy to recognize. With it, you can take on the world; without it, you live stuck at the starting block of your potential”.

- *The Confidence Code*

Confidence is one of the four key principles in our coaching program. Below is a visual of the *'Five Parts of Self'*, which is the first module we take clients through when they begin their journey towards peak performance. Last week we touched on a simple way to improve **self-confidence** by **understanding your energy type**. Learning how to leverage this day-to-day leads to better confidence, performance, and quality of life. This week we're going to touch on **self-esteem**, why it's so important to the foundation of performance and an easy way you can increase it this week.



Research continues to show that **our feelings, perceptions and beliefs about ourselves directly affect our outer reality, including performance.** Most of us experience this principle without realizing it. **Picture this:** you wake up feeling energized, perhaps with a great hair day, you love your outfit, you're comfortable in your own skin without thinking about it, you greet your family, friends, or co-workers with a natural smile, and are ready to hit the day. How do you feel when you picture this scenario? How different is your day when it has this kind of energy flowing through it?

Now picture a different scenario: You wake up feeling tired, there's nothing to wear that feels good, you don't like what we see in the mirror, you're not feeling up to interacting closely with anyone today, you have low energy and drag yourself out the door, probably late and ready to drudge through the day. How do you feel when you picture this scenario? How different is your day when it has this kind of energy flowing through it?

Most of us have experienced a version of both those scenarios. For some people, most days can feel like they randomly 'wake up on the wrong or the right side of the bed'. However, research and top performers show that the difference between these two kinds of days doesn't have to be random, it can be created and **often relies on the important building blocks of self-esteem.**

Studies show that **what we feel, perceive and believe about ourselves has a direct effect on how we behave, interact and perform**. Self-Esteem then is defined by our team as 'your subjective emotional evaluation'. Self-esteem encompasses beliefs about oneself (for example, "I like who I am", "I feel good about who I am") as well as emotional states such as triumph, despair, pride and shame. **When we operate out of healthy levels of self-esteem**, we tend to see the following effects take place:

- Higher energy and output
- Increases your likelihood of completing an activity
- Increases your joy in the process
- Increases cognitive resources for each step in problem solving (feeling good helps the brain stay organized and integrated)
- Increases positive interpersonal experience
- Improved Communication
- Healthier lifestyle choices (ideal work/life balance)
- Cumulative positive experiences releases dopamine in the body, giving you a sense of reward and motivation to continue *

SELF-ESTEEM

How *you feel about yourself* overall
- positive regard or self-love. Your
subjective emotional evaluation.



Bottom line: When we feel good about ourselves, we tend to feel better about everything we're doing. Conversely, when we don't have healthy self-esteem, we're in a state that creates an on-going subconscious struggle of energy, resources, and opposition to our goals. **When we feel good about who we are, others tend to feel good about us too. We also tend to enjoy the variety of tasks in a day more as well as entering into flow states more often** (flow state = completely focused, enjoying what we do and utilizing our best performance). Thus, Self-Esteem isn't some 'woo woo' idea or a cliché of self-help; it's a science backed **foundation of self** that's based in neuro-biology, supported by peer-reviewed studies and utilized by top coaches, consultants and agencies to bring out the best in their key performers.

Improving self-esteem is a sure way to see a **boost in performance, enjoyment, and overall productivity**. When working with clients, we take into consideration their specific goals, personality, and unique circumstances. Working with a coach is one of **the fastest ways** to improve the 'Five Parts of Self' quickly (including self-esteem) and enjoy the results of your hard work. However, for those of you who are not yet in our program, I've created a **simple way for you to take action** to improve how you perceive yourself with a quick, easy-to-implement process. This process includes three steps:

- 1) Re-Frame (Mindset)
- 2) Mini-Skill Building (Action)
- 3) Observation (Evaluate)

SELF ESTEEM

✗ a 'woo-woo' idea or a self-help cliché

✗ a fixed state; something you have or you don't have

✗ is derived from things, titles or attributes



a science & research-backed component of success & performance



a skill-based process that you can create, boost or tweak



is derived from a positive relationship with self; i.e. self love & self care

Step One: Re-frame

This first step is easy. We're going to simply shift our perception of 'self-esteem' from a **lofty, intangible, feel good state** (or whatever definition you may have) to a **skill-based process** similar to planning and preparation. By doing this, we re-frame our understanding of self-esteem from an emotional state that is fixed and predetermined **to a skill that we can intentionally cultivate**. This means that **self-esteem can be created, tweaked, and cultivated by anyone**, instead of something that just comes from nice hair, being popular or having a fancy title at work.

For example, if I wake up, do some yoga, go for a walk and eat a healthy lunch, I will likely feel 'good' about myself afterward. I'm fully aware that my body has not changed from one yoga session and that I did not change anything outward about myself through eating a healthy

lunch. However, the act of moving my body intentionally (i.e., keeping my commitment to myself, taking care of my body/mind/emotions, aligning with the person I want to be through actions) has **improved my self-esteem** (how I think, feel, perceive myself). I didn't need to lose ten pounds of fat or gain ten pounds of muscle, I simply took an action that had a direct effect on what I think, feel, and believe about myself. Therefore, we're going to **shift our understanding of self-esteem from a 'fixed state' to 'mini-skills' we can cultivate to better our relationship with ourselves**. Just like a simple walk or yoga session can boost how I feel about myself for the rest of the day, there are similar, well-researched and documented mini-skills you can use on the regular to prepare yourself to feel good about *you*.

Step Two: Mini-Skills

Now that we're looking at **self-esteem as something we can create**, boost and cultivate through mini skills, we're going to see how **we can prepare ourselves every day with a quick, healthy dose of preparation** for performance.

The exercise below is a highly suggested set of mini-skills packaged into a morning routine. Stacks of research, books and commentary have been produced by top minds on the benefits of establishing some type of morning routine. The exercise below is a snapshot of all that research condensed into several mini-skills you can try out and make your own. It's customizable, simple and covers important daily practices that have been shown to increase performance, enhance outcomes and create greater mental/physical well-being in the process.

The more you wish to achieve, the more important it becomes to keep your mind, body, and skills in growing health. If you are new to the importance of **strategic self-care** in relation to success, these tasks may seem small or overly simple. However, practiced consistently, they have a **compound effect** on well-being, intelligence, intuition, cognitive processes, reduced stress and so much more. Most importantly, these tasks are among the top activities reported

to **improve our feelings, perceptions, and beliefs about ourselves**, simply from the act of doing them.

If you're interested, feel free to take a few minutes and watch the brief video explaining more about the process [here](#) to learn about the [Morning Routine](#). Then, use the worksheet below as a reference and a starting guide to begin your routine.

[Miracle Morning Breakdown](#): The Process is SAVERS. Each letter is an activity that can be done in as little as a minute and increased in duration as time allows.

HOW TO WIN THE DAY
IF YOU WIN THE MORNING, YOU WIN THE DAY. HERE'S HOW TO START THE DAY OFF RIGHT.

S	A	V	E	R	S
Silence	Affirmations	Visualization	Exercise	Reading	Scribing
Meditation. Prayer. Breathing. Whatever it is for you, the idea is to quiet your mind, block out the chatter, and start the day with calm thoughts.	Encouraging words you tell yourself to achieve your goals, overcome fears, be healthy and happy, and live out your purpose.	Imagine yourself doing each thing, step by step, that you need to do to accomplish your goals. Then imagine what it will feel like when you succeed.	It doesn't have to be powerlifting or long distance running. Just do some bodyweight exercises for 5 minutes to get the blood and oxygen flowing to the brain.	Fill your brain with positive thoughts and ideas to improve yourself. Learn the knowledge of people who have accomplished the things you want to do.	Writing or journaling is a great way to process your thoughts and reflect on your life. It will help you be more self-aware and more articulate.

To help increase the success of your first day, write down what you will do for each activity as a guide so you don't have to spend time figuring it out in the morning. Be sure to customize the time spent on each activity; **as little as a minute has been shown to create results**, so start small and enjoy the process. Feel free to customize the order, which activities you try and the way in which you approach them. Explore, enjoy and be sure to follow up with step 3 to get the most value out of your efforts.

Step Three: Observation and Evaluation

The last step in this process is to observe the results of your efforts (in this case, whatever mini-skills you tried out in your morning routine) and evaluate.

Observing the results of your action includes paying attention throughout the day to see how the mini-skill impacted you. Perhaps starting out, you notice that silence made a big difference, but scribbling felt a bit frustrating. When we observe these impacts without judgment on ourselves or the process, we can quickly adjust and create more optimal experiences. Perhaps we add a few more moments of silence and temporarily eliminate scribbling. Since each person is unique, **observation is a critical part of the process to customize results quickly.**

Feeling good about ourselves can have a **wonderful snowball effect on our lives.** The more we feel good, the more we tend to make choices that are in our best interest to continue feeling good. Learning to observe without judgement and adjust as needed, we begin to take control over our 'snowball' of positive experiences. As you begin to take control, you notice more rewards of taking the time to build a strong foundation for your optimal performance professionally and beyond.

We hope this breakdown of 'Prepping for Performance' has given you personal insight, a fresh perspective, and tangible tips to put into action so you can enjoy greater self-confidence, self-esteem and performance right away.

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Seduire International offers training and coaching programs for leadership, communication, accountability, and confidence mastery with a success rate of over 99% in providing real, authentic transformation and skillset mastery for corporate leaders, entrepreneurs, and business owners.

If you're interested in training, coaching or more information on the Five Parts of Self, contact us at info@seduire.com.

Sources:

[*The Miracle Morning*](#)

[*Seduire International*](#)