

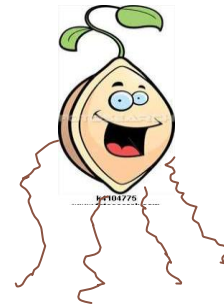
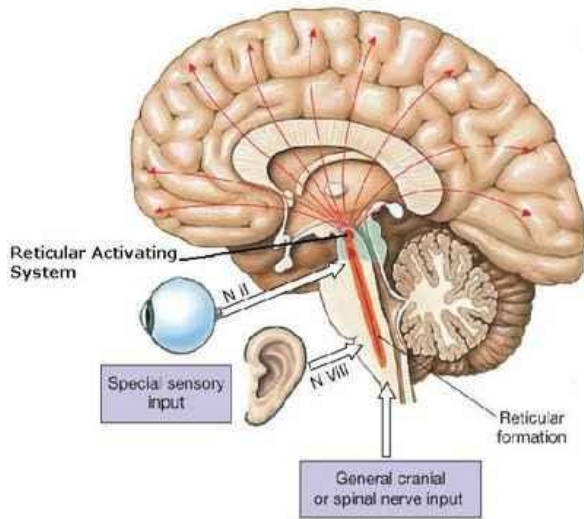
# **Optimism and Peak Performance**

*Who are you being, while you're  
doing what you're doing?*

**By Mike Roberts**

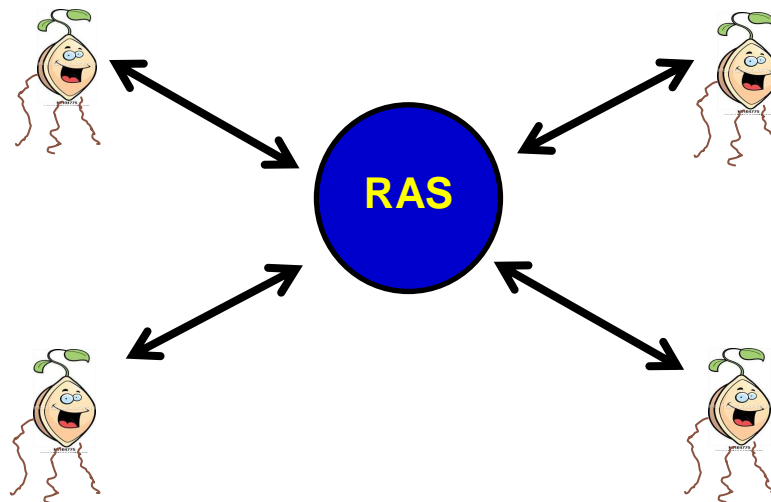
# Your Reticular Activating System

## Beliefs vs. Goals



Idea

Two Million Bits of Sensory Information or Data



The RAS allows in what you tell it is important

# The *SMART* System for....

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## Personal Goal Setting

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**S** – Specific

**M** – Measurable

**A** – Attainable

**R** – Realistic

**T** – Time Measured

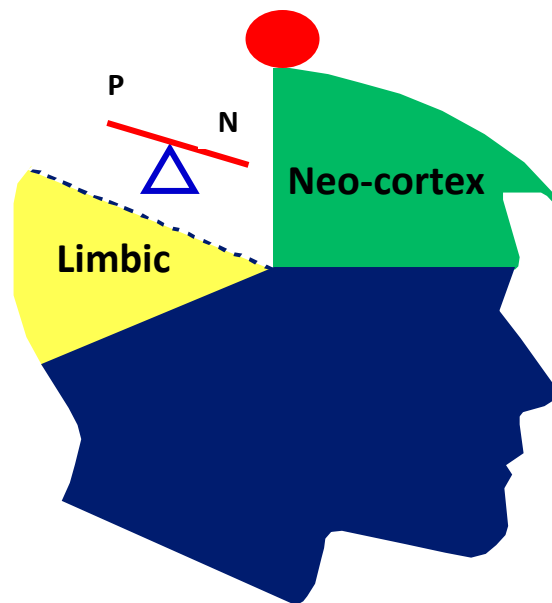
Long Range:

Short Range:

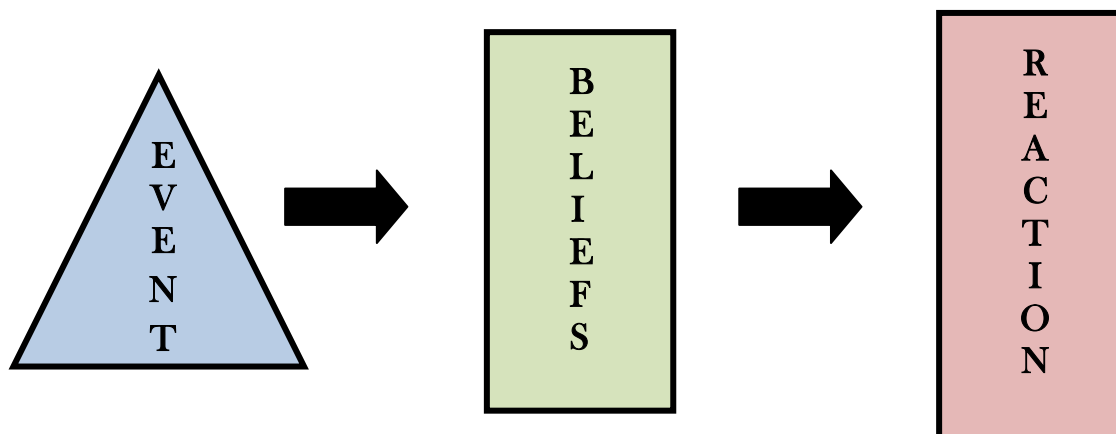
# The Elephant In The Room

## Conscious Vs. Unconscious Mind

*Successful Managers need to understand why people may often work from a different point of view. This knowledge will help them to manage, and motivate team members when the challenge of conflict happens.*



*A **BELIEF** is an individually developed impression which once embraced as **TRUTH** determines how we act on the incidents or events of our life.*



# Common roadblocks to success

- Disbelief:
- Procrastination:
- Perfectionism:
- Lack of health, money, time, skill, knowledge, etc.:
- Values clarification: Are your personal values on hold while you just “make a living”?
- Other:

*Waiting until everything is perfect before making a move is like waiting to start a trip until all the traffic lights are green.*

~ Karin Ireland

# Pitfalls on the road of optimism

Where do you get sidetracked into negativity, stalling out before ever getting started? Consider the following statements. How much power and energy do you give to these common detours?

	a lot	some	none
1. I don't believe I can have what I want. It's just a dream.	1	2	3
2. I am so tired, it can wait until tomorrow.	1	2	3
3. If I can't do it right, I won't do it at all.	1	2	3
4. What a great opportunity! I just don't see how I can afford it.	1	2	3
5. I postpone or simply ignore uninteresting tasks hope time will take care of it.	1	2	3
6. There are people who are more qualified than I am ... why bother trying?	1	2	3
7. If I pretend it doesn't exist, maybe it will just go away (deadlines, performance reviews, taxes).	1	2	3
8. If I want it done right, I'll have to do it myself.	1	2	3
9. Just wish I had the time.	1	2	3
10. I don't see the relevance in this _____. I'll give it 15 minutes of my time and that will have to do.	1	2	3

**TOTAL:** \_\_\_\_\_

Key

**What is your particular pitfall?**  
 1&6 Disbelief  
 2&7 Procrastination  
 3&8 Perfectionism  
 4&9 Lack of \_\_\_\_\_

**Key to the assessment:**  
 24 – 30: Indianapolis 500 champ  
 17 – 24: Driving with the brakes on  
 17 : Don't tell me, you forgot the keys?

# Time To RENEW

## Renewing natural optimism activity

**R reality**, without interpretations of any sort; observable behavior

**E evaluate** your thoughts, opinions, judgments while in the situation and after

**N notice** your feelings and actions resulting from thought process

**E erase** the negative pattern by looking for evidence to prove the contrary

**W a win/win** situation for yourself and others

### Step one

Tell your story and have your partner outline it using the guideline below. If it is easier, tell it in the third person.

### Step two

Tell the exact same story with you starring as the hero. This time, make it personal if you chose to tell it the first time in the third person. Your partner will outline your story as you speak using the third person. Be sure to not alter the facts, only your thoughts and feelings and perhaps even your posture and tone! Take a risk ... be outrageous and have FUN!

### Part 1

Reality

Evaluate

Notice

### Part 2

Reality

Evaluate

Notice

Erase

Win/win

# Characteristics of an Optimist

- **Optimists interrupt negative thoughts.**
- **Optimists believe in themselves and their possibilities.**
- **Optimists accept the things they cannot change.**
- **Optimists dare to dream the “big dream.”**
- **Optimists practice the 4 R’s. (retreat, rest, reflect, renew)**
- **Optimists are risk takers.**
- **Optimists ACT one step at a time; they persevere.**
- **Optimists are flexible, and prepared to meet new challenges.**
- **Optimists practice the art of appreciation. That which you look for you will find.**
- **Optimists find the good news and love to pass it on.**
- **Optimists build respect and support into their lives.**

**Discussion of each point**



# Application of Characteristics

## **Characteristic one: Interrupt negative thoughts**

You have the power to choose, think, feel and act positively. It starts with interrupting negative thought patterns. Use **RENEW** to develop this skill.

*I have successfully done this when* \_\_\_\_\_

## **Characteristic two: belief**

Belief is the foundation for all other characteristics of the practical optimist.

*I believe:* \_\_\_\_\_

*The proof is:* \_\_\_\_\_

*Affirmation:* \_\_\_\_\_

*Symbol / practice:* \_\_\_\_\_

## **Characteristic three: acceptance and letting go**

Accepting that which cannot be changed. Practicing this frees up energy to move forward.

*I've accepted:* \_\_\_\_\_

*Situations I may need to let go of:* \_\_\_\_\_

## **Characteristic four: creating the vision**

Build your values into your rehearsal of personal success.

## **Characteristic five: Optimists practice the 4 R's**

### **Schedule time to be with your Self.**

**Retreat:** Consciously withdraw your attention and action from daily activities and demands. Awareness becomes internal.

**Rest:** Time and space are set aside with no demands from the outside allowed to intrude. This allows body, mind, emotion and spirit to come back into balance and health.

**Reflect:** Disengaging from daily routine and relationships invites time for silent reflection. Are your actions in line with your vision? What needs to be adjusted? It is also a time to recognize and appreciate all that you have.

**Renew:** Begin again with fresh insight, inspiration and a rested body. In this state of equanimity, all things are possible. Your vision, belief and ability are kept strong, healthy and optimistic.

### **Characteristic six: risk-ability**

Risk-ability: assertively and courageously stepping outside the prescribed way of being and doing in order to creatively reach for the dream

### **Characteristic seven: act “as if”**

Practice “acting as if” your dream was reality. How would you walk, talk, feel if you had achieved your vision of success?

*Accomplishment:* \_\_\_\_\_

*I commit to:* \_\_\_\_\_

### **Characteristic eight: flex-ability**

Assessing all areas of skill with ruthlessness and compassion. Education is a lifelong pursuit.

### **Characteristic nine: Optimists practice the art and power of appreciation**

- Look for at least one good thing each day in yourself, in another and in your environment.
- Show your appreciation.

### **Characteristic ten: Optimists focus on and seek out good news and love to pass on good news stories**

- You find what you choose to find.
- Pass on the facts and the inspiration.

### **Characteristic eleven: Optimists build lots of respect into their lives**

- They know that respect doesn’t just happen. It takes commitment and effort to give and receive respect... and it’s worth it!