

## Characteristics of High Performers

**High performers have several characteristics in common.**

They . . .

- Transcend previous levels of accomplishment.
- Focus on achieving their personal best.
- Pro-actively create positive behavior patterns and avoid comfort zone "ruts".
- Are guided by compelling internal goals.
- Can work through fears to take appropriate risks.
- Solve problems rather than place blame.
- Use positive affirmations and rehearse mentally.
- Are pro-active in personal change.

## Goals

- *Goals provide energy, drive, direction, and purpose in your life. They help you to procrastinate less and become more action oriented. Goal-setters are more easily able to deal effectively with setbacks.*
- *Goals prevent boredom and the resulting delinquency.*
- *Goal setting is vital to changing effectively. Clearly defined and written goals send messages directly to the subconscious. The creative subconscious then begins work on how to bring the vividly imagined pictures to reality.*
- *This, in turn, alerts your perceptual set to begin scanning for information, ideas, and situations that will help your goals become reality.*

# Characteristics of Tough-Minded Optimists

They are seldom surprised by trouble.

They look for partial solutions.

They believe they have control over their future.

They allow for regular renewal.

They interrupt their negative trains of thought.

They heighten their powers of appreciation.

They use their imagination to rehearse success.

They are cheerful even when they can't be happy.

They believe they have an almost unlimited capacity for stretching.

They build lots of love into their lives.

They like to swap good news.

They accept what cannot be changed.

(From the book *Learned Optimism*)