



Newsletter companion tool: Choosing Peak Performance

BEING INNER DIRECTED

Do you:

- stay attuned to your inner experience of the task at hand rather than to how others will view you?
- believe and feel that you are doing what you want to do?
- set goals for yourself that are self-generated, clear and concrete?
- willingly commit your time, energy and disciplined action to reach your goal?
- continually engage in self exploration and self-discovery?
- have a deep sense of inner purpose/mission?
- see everything as something to be questioned, tested and transcended?

BEING PRO-ACTIVE

Do you:

- never remain in your “comfort zone”?
- risk failure?
- see your mistakes as learning opportunities?
- never limit yourself by perfectionism or inhibition?
- strive for your best on priority tasks?
- stay solution oriented?

BEING SELF-CARING

Do you:

- stay attuned to your inner needs?
- incorporate relaxation, play and rest as a priority in your life?
- manage your time realistically?
- value your personal relationships?
- balance competing/conflicting demands/goals?
- know that to excel in one area you must enhance all your life areas?

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