

Are You A Peak Performer?

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Charles Garfield of the Peak Performance Center in Berkley, California has studied over 2,000 peak performers in the United States and has identified ten qualities they most often possess. Read each description and rank yourself from 1 (low) to 5 (high). This activity will help you identify your strengths and weaknesses.

- _____ **1. Foresight and the ability to carry out effective planning.**
Do you set goals and develop a plan to follow to reach those goals?
- _____ **2. A drive toward transcending previous levels of accomplishment.**
Are you willing to commit yourself to rise above previous performances?
- _____ **3. High levels of self-confidence and self-worth.**
Do you view yourself as an effective employee? Would you be difficult to replace?
- _____ **4. A high need for responsibility and control.**
Do you like to take action and be in charge?
- _____ **5. Well developed communication skills in both personal and professional areas.**
Are you capable of effectively communicating your ideas?
- _____ **6. An effective use of mental rehearsal.**
Do you visualize the process and desired outcome of your task?
- _____ **7. Little need of outside praise or recognition.**
You must have an internal feeling of accomplishment. Are you driven by attitude motivation rather than fear or reward?
- _____ **8. A superior ability to take risks.**
Are you willing to break out of the comfort zone? Do you welcome new challenges?
- _____ **9. The ability to accept feedback and to self-correct.**
Are you able to use information from respected sources to improve?
- _____ **10. A willingness to accept ownership of creative ideas.**
Are you willing to “go for it” and initiate action on your ideas?

..... Suggestions for Personal Motivation

- A. Identify one of your biggest strengths. This is an area that you have ranked as a five. Build on this strength to help you develop your full potential.
- B. Pick an area that you have ranked one or two and make a commitment to show maximum improvement within the next month. Actually develop a written plan to build this weakness into strength.
- C. Accept personal responsibility for your strengths and weaknesses, and develop a plan to deal with each. Pick out the key factors that have the greatest impact on your profession and build up these areas first.

