

BECOMING A PEAK PERFORMER

What makes someone a peak performer? You know, the kind of person who is outstanding in his job? According to researchers, outstanding individuals share certain attitudes and skills which contribute to their beyond-the-ordinary performances.

Many of these can be learned. And often we are the only ones holding ourselves back. Check yourself to see how you rate on some of these ideas of how to become a peak performer.

Affirm yourself. If you don't believe in yourself, no one else will either. Peak performers focus on strengths and recognize their limitations for what they are, simple limitations, not personal failings. They realize that no one is perfect and so they concentrate on making their strengths as strong as possible to overcome any weaknesses they have.

They manage their "down times" more effectively than average performers by continuing to focus on what is good about themselves, rather than what is bad, peak performers motivate themselves to approach work and life's challenges with confidence.

Using reassurance and compassion, they tell themselves, "One setback does not make me a failure as a person. I can learn from this experience and succeed again". They pick themselves up and continue to try again and again.

So you didn't get that listing. Analyze what went wrong and try for another one.

Imagine it to make it happen. Superior achievers have developed the ability to translate their goals from words into pictures. They keep this picture constantly in front of themselves to serve as a motivator. A swimmer, preparing for an important race visualizes herself using just the perfect stroke to win the race.

Peak performers do this in their work environment, mentally picturing themselves doing all the tasks in their job at an outstanding level.

Take one risk every day. In order to become a peak performer, you must be able to take risks. Daily risk-taking is a confidence-boosting exercise and a requirement for those who won't let unrealistic fears stand in the way of their goals. Everyone feels some fear – but the peak performers overcome these fears that are unrealistic by tapping the reserve of inner strength built on taking risks regularly.

Successful risk takers build the inner strength it takes to combat unrealistic fears: fear of rejection, fear of failure or fear of the unknown. You must begin by purposely taking one risk each day. It doesn't have to be big—it could just be driving a different way to work, or cold calling several prospects. Pick a challenge about which you feel fearful and do it anyway.

Seek results, not perfection. Peak performers understand that perfectionists seem to have only two standards of performance, letter perfect or forget it. Since everything cannot be done perfectly, perfectionists jeopardize their performance by simply not attempting any task they can't or don't know how to do well. Strive, not for perfection, but for excellence in everything you do.

Learn to embrace mistakes as signals that you're moving forward; avoiding becoming frozen in the cement of perfectionism. Remember the words of Marla Collins, "If you can't make a mistake, you can't make it!"

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