

AT MY BEST WHEN

What makes it easier for you to be “at your best?”

.....

“At her best when...”

.....
“22 years of training, competing, making good choices, and working hard was culminating in one swim meet, a handful of one-minute races. If everything went according to plan, I knew my team and I could break the world record and come home with a gold medal that day.”

BJ Bedford Miller
US Olympic Gold Medalist



When you know...

This week, experiment with a superpower as important as Superman’s x-ray vision. Knowing when you’re at your best is crucial to your success as a leader, a colleague, and an individual contributor. It’s equivalent is speaking a 2nd (or 3rd or 4th) language; you can call on this knowledge when you need it.

When It’s Important to Be Your Best

When it’s time to be productive, it’s too late to *get ready*. You need to have done the work necessary to *be ready*. Building your own Personal Productivity statements of “At My Best When” make it possible (and much more likely) that you’ll make a positive and proactive difference at work and in your life.





Write. Review. Do.

You have to make a choice every moment of every day. At work, at home, in the office, or on the road, you are in charge of creating the conditions for optimal performance. Here are three factors to bear in mind:

- Each statement must be believable. It must be possible for that condition to occur.
... when I acknowledge progress on a project.
- Each condition must be in your control.
... when I decide the priority for the day before I start my day.
- Every condition is - by default - a little bit extra than what you have time for.
... when I exercise at an elevated heart rate for at least 20 minutes.

Think about tomorrow. What have you planned to do? What might surprise you? Who do you need to be your best for? Now, write your own "I am at my best when..." statements.

I am at my best when...

1 . _____

2 . _____

3 . _____

4 . _____

5 . _____

