

Motivation | Accomplishment

To a great extent, your self-esteem and your life revolve around what you are able to accomplish. You will never be satisfied with your results because you see that even more could be accomplished. You have a thirst for perfection. This ever-present drive to get things completed will not dampen even as you achieve your goals. You will simply strive to do more and set new goals. Throughout your life you will measure the value of each day by how much you are able to get done. A wasted day bothers you. On the other hand, the more you accomplish each day, the better you feel about yourself.

To make the most of this talent, be sure your activities are channeled in the most important areas. Keep a full plate, but challenge your priorities. Are you working on the most essential items? Push low return activities off your agenda. You will benefit from a carefully orchestrated to do list.

Collaboration Alert: When dealing with others, recognize that not everyone has your energy level. Not everyone can put in the time and effort that you do. Do not think less of them. Make a conscious effort to recognize the contributions made by colleagues and staff, and you will find them more cooperative when you need their help.

**“Your self-esteem
revolves around
what you are able
to accomplish each
and every day.”**



The Science of Performance