

Why is it that we fail easily with no effort? Learn how to succeed with these 7 taylor-made solutions to achieve peak performance and your birthright....success!

Achieving peak performance is as easy as failing to achieve your potential. We all face unique challenges... some easy... some difficult... some seemingly impossible. The people who repeatedly get back up after circumstances knock them down, develop an inner-power that ultimately permits triumph over adversity and they achieve what they want...easily and effortlesslyand just as easily as those who stay down after they fail.

1. Positive versus Negative

A positive attitude always takes you further than the negative. Regardless of your circumstances, when you begin to feel negative, take positive action. Where negative thinking closes off possibilities, positive thinking opens up the flood-gates to creative problem solving. This permits you to focus more of your time on seeking solutions rather than staying absorbed in the problem. With less negative and more positive driving your performance you instantly have greater power. It's that simple!

2. Action versus Procrastination

Procrastination is a word that causes most of us a tremendous amount of grief and keeps us from consistently doing things at the right time...if at all. It is one thing to talk about realising your aspirations. It is quite another to actually achieve your goals. Stop making excuses! Stop dabbling at success! Give it all you've got. Stop getting ready to get ready! **Get up Get over it. Get on with it!**

3. Passionate versus unmotivated

Passion is the driving motivational force; that when the going get tough, the tough get going. Desire; the basic emotion of "WANT" is the first and most important mental habit you could have in your pursuit of any goal. Desire stands above all else. Because when you want something bad enough, it almost doesn't matter what you lack. When your desire is strong enough, in the face of all adversity, you'll find a way to hang in thereto the finish line.

4. Certainty versus Uncertainty

Without doubt, if you don't learn to expect success, it will constantly elude you, remaining just out of your grasp. When you know what your want, your attitude instantly improves which automatically drives your behaviour moving you towards the success you want. Positive expectations create a powerful self-filling prophecy.

5. Mental Toughness versus Mental Weakness

The ability to rise above adversity is the true measure of success. Your reaction to what you do when faced with failure, obstacles and setbacks determines how quickly you achieve. Mistakes and failures are learning tools not reflections of your overall character, intelligence or identity. Mistakes are a natural part of the learning process. Get tough and make the most of the next one!



6. Self Belief versus Self Doubt

If you don't believe in you ...who will? Self belief gives you will power. Self doubt destroys all hope. In order to achieve peak performance; your high expectations require tremendous belief in you! A lack of confidence in your ability will set yourself up for failure. If you believe your [plans](#) are doomed to failure anyway, there is little chance you will put in the effort to achieve the goal and more than likely; you will quit before you finish or even start! As long as the mind can envision the fact that you can do something, you can do it, as long as you really believe 100 percent. A positive belief in you ensures it!

7. Plan to Succeed versus Plan to Fail

Any performance that's acknowledged and reinforced in a positive way is bound to occur again and again. The key is to turn your dreams into goals, your goals in to plans and your plans into specific actions. If you fail to plan...you plan to fail. Planning to succeed requires persistence and perseverance. Remember: That which gets rewarded get repeated.

Closing comments:

Achieving peak performance is as easy as failing to achieve your potential. You can do better. You can achieve more. You can attain your highest goals. How? Discover what's holding you back... and eliminate it. Don't put up with problems. Solve them. Don't waste any more time. Take a stand. Believe it. You can succeed at whatever you do, as long as you simply take the right actions. Take action today!

.....and remember: If you don't quit, you will make it!

Go for Gold!

Cheers Shelley Taylor-Smith

Shelley Taylor-Smith, 7-time World Marathon Swimming Champion and Australia's No.1 Mental Toughness Coach is passionately committed to helping you achieve your goals. Whether you need inspiration, motivation, education, or a kick in the pants....you will get all that and much, much more. Register for the fortnightly [Champion Motivations](#) newsletter and receive a free report to accelerate your success today: <http://www.championmindset.com.au/inspire.htm>

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