

Growth Planning Life-Skill #3

BEING ABLE TO SET & ACHIEVE NO-EXCUSE, HIGH PERFORMANCE STANDARDS IN MY EVERYDAY LIFE

stan-dard: a level of quality or excellence that is accepted as the norm or by which actual achievements are judged



There are 4 keys to mastering Life-Skill #3:

- 1) **DON'T MAKE EXCUSES.** Refuse to continually look for & use excuses for *my own* failure to perform or achieve.
- 2) **FOCUS ON ACTUAL RESULTS.** Always hold myself to the standard of whether I produce *actual results*, rather than just whether I put in "a good-faith effort."
- 3) **WORK VERY, VERY HARD !!** Most who succeed in life, do so because they work *very* hard at whatever they do ... not because they're "brainiacs" or because the system is wired in their favor.
- 4) **DON'T GIVE UP !!** Persevere - *push myself* to the finish line.
 - **In the next year, what NO EXCUSE - HIGH PERFORMANCE STANDARDS do you want to set and achieve in your life ?**

GROWTH PLANNING LIFE-SKILL #3 ANALYSIS & MEASUREMENT FORM

Being Able To Set & Achieve *NO EXCUSE - HIGH PERFORMANCE STANDARDS*
In My Everyday Life

List 2 PAST situations when you (or someone you know) did use this Life-Skill?	1) _____ ----- 2) _____
List 2 FUTURE situations when you (or others you know) could use this Life-Skill?	1) _____ ----- 2) _____
To what extent are you demonstrating this Life-Skill in your everyday life RIGHT NOW?	<p style="text-align: center;">[circle one number]</p> <p style="text-align: center;"> I AM NOT Demonstrating This Life-Skill Now In My Everyday Life ←————→ I AM Demonstrating This Life-Skill Now In My Everyday Life </p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p>