

# Break Through a Performance Plateau-Become a Personal Olympian

**BREAK THROUGH A PERFORMANCE PLATEAU BY GOING FOR THE GOLD!**

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**While few of us have the potential to become Olympic athletes, we all have the ability to reach past our stuck spots, and break our performance plateaus. Where do we start? We start with our dreams, with the vision that we have in our mind and hearts of what we want to accomplish today. We start by embracing our commitment and motivation to move forward towards a goal in small incremental steps. Our one step forward toward our goal today is our flame, our motivation. Sometimes our flame is small, sometimes it is big, sometimes it is a tiny pilot light, but as long as we live and breathe the flame of potential burns within each one of us.**

**Start this week, this day by choosing well. Turn up the heat. Become a Personal Olympian. Claim your flame and move past a performance plateau.**

- 1. Remember on achievement that is meaningful to you. Tap into the power of a moment of great success.**
- 2. Focus on what YOU can do rather than what you need to avoid or eliminate.**

3. **Increase your effort**, persistence and the quality of your performance at home and at work today.
4. **Enjoy humor** and take a 24 hour break from negativity or doubt. Do not let flame breakers like anxiety, fear, doubt, frustration or envy enter your life today.
5. **Retrain your brain** by making one small, simple, purposeful goal happen. Remember each positive step forward is important!
6. **Apply concentration, consistency, commitment and optimism**; they are critical to breaking through a performance plateau
7. **Inspire others!** When you have reached your goal for the day, share it with a colleague, a friend, a spouse, a child and pass on the flame of purpose and passion.

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# **PMS – Post-Millennial Syndrome and 6 Ways to Get Rid of It!**

**PMS-Post Millennium Syndrome**

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**PMS-post millennium syndrome is rampant. Post Millennium Syndrome is what I call the growing sense of disconnection, discontent, malaise that has invaded our lives and our work.** It is a pernicious disease, a virulent virus of negativity that saps our energy and our joie de vivre. Post Millennium Syndrome is a malaise that leaves us feeling like we are living in a vortex of chaos, or alternatively in an abyss of inertia. Either way, PMS, erodes our sense of self, our sense of personal power and freedom. It is a contagion that affects us all every day in every way.

**How can we combat PMS? Become a millennium contrarian—a joy monger.** Engage in life joyfully. Pick one day this week and make it your Joy Day...a special day where you have decided that nothing will get you down. Spend your Joy Day living life out of the box, sharing something positive, no matter how small with every person you meet.

**Know that the power to combat post millennium syndrome does not lie with your boss, your spouse, your children your friends.** The power to be a millennium contrarian, a joy monger depends on the decision that you will make to embrace joy, and to use this joy to appreciate change for the opportunity and innovation that it can bring in your life and your work.

**Here are 7 cool tools to help you celebrate 24 hours of joy,**

**to assist you in effecting Joy Day:**

- **Cultivate humor.**

Share a good joke with someone who appears down, or a colleague that you do not normally speak with. Share a joke with your spouse, your children.

- **Refuse to put on the hat of judgment.**

Give yourself and others a break. Do not criticize or judge.

- **Embrace every change.**

That's right, just appreciate every change that comes your way during your Joy Day as an opportunity to grow and innovate.

- **Give up blame for the day.**

Just let it go completely.

- **Refuse to be negative.**

Get daring! Put of a Just Joy Corkboard at work or home and share joy.

**<li>Engage your imagination.** Do something serendipitous and

fun that you used to enjoy as a child.

- **Create warmth and love**

; share a hug just for the sake of sharing affection.

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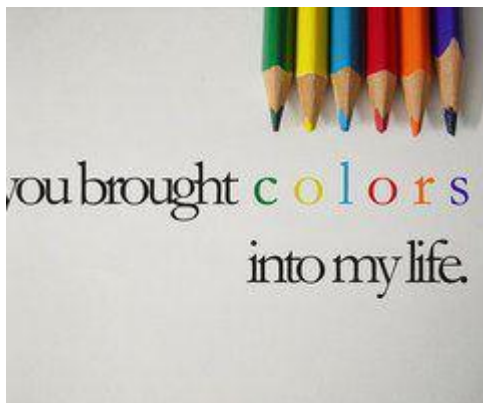
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# Possibility Thinking: A Dream With A Destination

**POSSIBILITY THINKING-A DREAM WITH A DESTINATION**

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Each day we wake up to a new page, a new chance to have a date with destiny, to pick a dream with a destination, a goal that has personal meaning and momentum. Every day we wake up to despair or discovery.

**Our truth, our reality does not depend on what happens to us, but rather on the feelings and thoughts that we choose to embrace.** We create what we feel and think when we rise to greet the dawn and move on through our day. Possibility or the lack thereof, defines our thoughts and feelings every day, every way. Despair or discovery. Possibility or

impossibility. Chaos or challenge. Our choice. Our life.

**Miracles are not outside us, they are within us and they start with possibility thinking.** With a mindset that focuses not on what was but on what can be, on defining a personal dream with a destination. It is the unique power that we all have in our fingertips, in the individual unique imprint each individual has to create something from nothing.

**Miracles starts when we can move away from ego, move away from distractions that help us to avoid looking at what we really want and what we can truly be.** The miracle can start right now. The miracle is YOU. And it starts when you reach out to hoist yourself away from the incessant din of negativity to the realm of possibility thinking. To a place where what we get matters less than what we can give.

**How can we embrace the joy of possibility? It starts now.** It means moving past the complacency and mediocrity that surrounds us and embracing our purpose and potential. It is the stuff that inspired men and women to discover the wheel, electricity or to achieve space travel, crack the DNA code and the many other positive achievements that are markers of human imagination and possibility.

**One of my favorite marketing experts and a fabulous creative, innovative business mind, Seth Godin, speaks loudly and clearly in his books to the value of thinking out of the box.** One of his brilliant ideas is not to brainstorm ideas but rather to “go to the edge.” Mr. Godin defines “going to the edge” as taking an idea to the extreme of possibility and working back from there to areas of thought and creativity that are more reasonable and doable. If we want to be possibility thinkers, we can start with going to the edge of our dreams. We can begin by defining the boldest, brightest vision of what we truly want and working backwards from this bold vision to where we will be.

**History clearly shows us that things are impossible until they are not. Possibility speaks to us from our fingertips, from our unique imprint and presence in this world. We can seize the day and embrace possibility or remain stuck in mediocrity and complacency. I challenge you this day and this week to “go to the edge” of your dreams. Stop right now. Go to the edge of possibility. Think about not only what you can get, but what you can give and share. Dance boldly with your purpose and passion. Create a dream with a destination.**

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