

DAILY HABITS OF HIGH PERFORMERS



Six daily habits for sustained
high performance

- ☒ **Seek Clarity**
- ☒ **Generate Energy**
- ☒ **Raise Necessity**
- ☒ **Increase Productivity**
- ☒ **Develop Influence**
- ☒ **Demonstrate Courage**





The six habits come from Brendon Burchard's research into what high performers consistently and deliberately demonstrate each day, to sustain high performance. Choose at least one or two of these and commit to them daily to better sustain high performance.

Source:

High Performance Habits

How Extraordinary People Become That Way

Brendon Burchard

peopleattheirbest.com.au



1



Seek Clarity

Be future focused and envision: Who you want to become; how you want to treat others; what skills you will need and; how you can serve others.

Then take a step, each day towards your future.

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2



Generate Energy

Make the commitment to improve your mental, physical and emotional vibrancy.

At important moments each day, take a minute or so to 'release tension, then set an intention' for who you want to be in your next action.



3



Raise Necessity

No necessity = no consistent action.

Set personal standards of excellence each day; obsess about learning more of what is important and interests you; know your duty and purpose and; set real deadlines.

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Increase Productivity

Group goals are challenging and inspire people to work more quickly and for longer periods. Increased productivity is the result of meaningful goals, maintaining energy and a laser focus.

Every 50 minutes, no matter what, stop and take a 2 - 5 minute break.



Develop Influence

Ask for what you want and don't forget to give - you double your ability to influence if you give before asking. To increase influence: promote an outward mindset in others; challenge them to develop their connections and; role-model values you wish them to embody.

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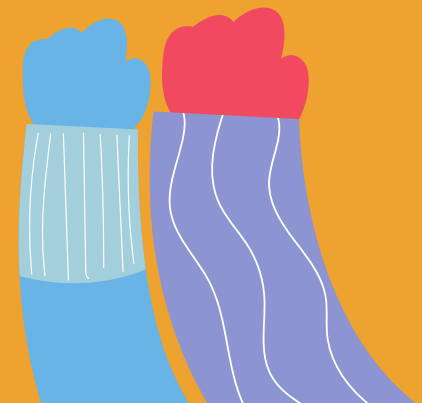


Demonstrate Courage

As more countries and communities have greater abundance around the globe we have become resistant to struggle and somewhat complacent.

Find someone or something to fight for because we accomplish more when we do for others rather than doing for ourselves.

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Consistently demonstrating one or more of these six daily habits will produce greater levels of personal engagement, alignment and overall performance.

“Success is giving 100% of your effort, body, mind and soul to the struggle.”

– John Wooden

