

Gold Medal Me

1. Pick your team wisely

Am I the worst player on the best team that will still accept me?

Which team do I want to be part of?

What will get me closer?

2. Know when to go

How would I know I needed to leave?

Am I still learning?

What keeps me here?

3. Play well with others

Am I working with people who are not like me?

Do we share the same dreams?

Can I play with people I don't like?

4. Be good at feedback

Does my feedback come from a place of radical candour?

Am I able to discard feedback that's not from a valid source?

Am I coachable? Do I listen to the right people?

5. Never stop learning

Am I wasting time trying to look good?

Am I failing enough? When is the last time I failed?

Which of my failures fuels me?

6. Train your inner athlete

What are my narratives?

What are the stories I'm telling myself?

Which ones are useful?

Which ones are limiting?

7. Be deliberate about your career

Do I seek out opportunities that fill me with fear and excitement?

Do I have a safety net?

Next steps

AMWAP (As Many Wins As Possible)

1. Identify 1-3 of your limiting narratives
2. Listen for those narratives in your daily life
3. "Catch" them before you respond
4. At the end of each day note when you caught your narrative
5. Count every catch and delayed response as a win

