

HRC

The High-Risers Club

11.19.2024 – No Guts, No Gain Presented by Ed Schultek: Session 4

Coach Jeff Wright

Welcome

HRC
The High-Risers Club

Does anyone have anything great to share personally or professionally?



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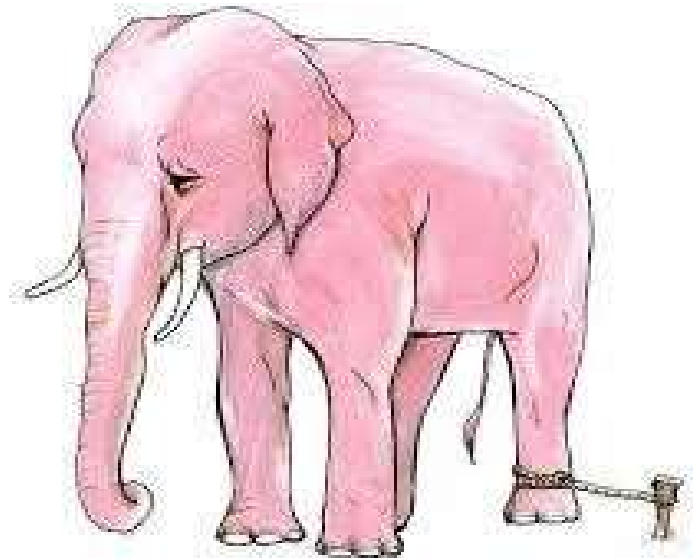
Greatness is Within



You Can Do This

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RESIGNATION



Barriers to Success

10 Things I'm Grateful for

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

10 Things I Want to Attract

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Intentions for Today

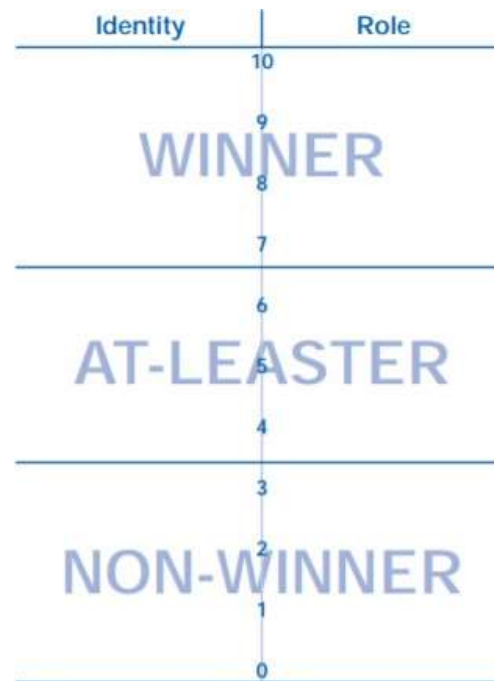
Affirmations for Today

Barriers to Success

HAVING NO PRIORITIES

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LOW SELF-ESTEEM



Barriers to Success

MY LEARNING OUTCOMES OVER THE YEARS...

#1 You can ONLY perform in a way that you see yourself conceptually

#2 The less you do the less you like yourself (which means you do less)

MY FIVE POWER BELIEFS

1.

2.

3.

4.

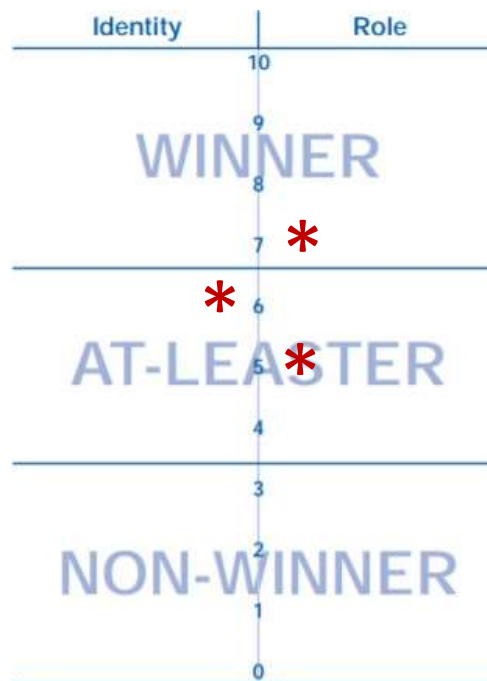
5.

Barriers to Success

WE ALL HAVE A COMFORT ZONE

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HOPELESSNESS, DEPRESSION, DISAPPOINTMENT FOLLOWING HIGH EXPECTATIONS, FALSE PRIDE



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LACK OF CONFIDENCE

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NEED FOR APPROVAL, FEAR OF REJECTION

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DEPENDENCE ON OTHERS

(our motivation really comes from within)

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NOT KNOWING THE DIFFERENCE BETWEEN NEEDS AND WANTS

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COLLECTING STAMPS

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UNFINISHED BUSINESS, EXCESS BAGGAGE

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“IF ONLY” MUDDLE

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NOT ENOUGH TIME

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Biggest Regret in Life Most People Have...

THREE ELEMENTS MAKE UP A PERSON'S SENSE OF SELF:

- *Actual Self – qualities you believe you possess
 - *Ideal Self – qualities you want to have
- *Ought Self – the person you feel you should have been

BEING TOO REALISTIC – GIVING UP ON YOUR DREAMS

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BEING 'I' CENTERED

Barriers to Success

Conceptual Barriers

Some Homework...

	NOTES	WHERE I STAND NOW	
		IN CONTROL	NEED IMPROVEMENT
1. Offering Unpaid Consulting		<input type="checkbox"/>	<input type="checkbox"/>
2. High Need for Approval		<input type="checkbox"/>	<input type="checkbox"/>
3. Fear of Failure		<input type="checkbox"/>	<input type="checkbox"/>
4. Fear of Success		<input type="checkbox"/>	<input type="checkbox"/>
5. "I" Centered		<input type="checkbox"/>	<input type="checkbox"/>
6. Accepts Subservient Role		<input type="checkbox"/>	<input type="checkbox"/>
7. Fear of Rejection		<input type="checkbox"/>	<input type="checkbox"/>
8. Lack of Assertiveness		<input type="checkbox"/>	<input type="checkbox"/>
9. Unskilled at Establishing Rapport		<input type="checkbox"/>	<input type="checkbox"/>
10. Lack of People Skills		<input type="checkbox"/>	<input type="checkbox"/>

Barriers to Success