

SKY HIGH STANDARDS



Completing this Impact Tool brings your 'standards' into focus. Whether you set the bar sky high or just below your centre of gravity, what you consider to be your 'standards' plays a major role in unlocking your work-life potential. Some people look for 'evidence' – like a character witness. If it is important to you, you might consider the evidence to support your conclusion in terms of what it costs you in time and money. Many can thank their parents and carers for the standards instilled in them, but often despite their best efforts, some do not suite us, and some get us into trouble. So we commend reviewing the standards you set for yourself. Sometimes sky high is not the only way up!

Do you feel like whatever you do just **isn't good enough**? Do you constantly **feel like a failure** when judged by your own high standards? Do you feel **any regrets** about what you should have done? These are good questions to truly evaluate the standards you have set up for yourself. To further evaluate them, please answer the questions below...

Are there examples of High Standards that you have chosen for yourself to achieve?

Have you failed based on these High Standards? How did that make you feel?

Have you ever thought...what has motivated me to set such High Standards?

Do you have any regrets about...what you should have done?

If you are feeling overwhelmed by your own standards...perhaps it is time to have a think about those impossibly high standards of yours!

Step 1 - Try re-scripting your self-talk. Here are some examples:

From "If only I'd ..." to "Next time I will try to ..."
From "Looking back, I should have ..." to "At the time, I did my best."

What are some "limiting belief" self-talk you have said to yourself in the past?

What are some NEW Positive "re-scripted" self-talk you can now say to yourself?

Step 2 – Scaling back your standards is not necessarily scaling down

As you remember to ask yourself "Can I do any better than my best?"
Develop standards that have defined parts which are maybe smaller, more achievability and more realistic.
Learn to take 'baby steps' as you break down the tasks at hand into smaller and more palatable pieces.

How will you go about 'scaling back' your standards?

Step 3 – Affirm yourself for every milestone

As you scale back your standards, you have a chance to also have more strikes on the board! This will encourage you and allow you to enjoy the journey better. Try this affirmation for size ...

*"I do my **best**, and then I **rest ...confident** that I am a **success!**"*

Create an affirmation that you would say to yourself for achieving a new milestone?

Next Steps:

- 1) **Congratulate yourself** for taking time to consider your standards.
We hope it has benefited you.
- 2) Like all Tools, it is only effective when put into practice! To begin, just **spend 5-10 minutes to reflect** of ways you might implement this into your day to day routines.
- 3) Over the next day or two, realize it by creating **an action point** / goal you want achieved.
- 4) The next step is to **share your** Learning, Insights and Intentions on the MIP Forum. Log in to <http://www.miprofessionals.com.au>.
- 5) Our experience shows that YOUR forward movement is greatly increased as you post on YOUR Forum using our I-M-P-A-C-T approach:

I = Issues I am facing

M = My to do list right now

P = Plans to implement in the next one to three months

A = Attitudes right now; what I am feeling

C = Clarity needed on some issues

T = Thankfulness to those who have helped me to becoming a better person

You might like to make a start here by jotting down what you will transfer to your Forum



- 6) If you are a Member, you can participate in “Active” forums, where your Coach can communicate and monitor your progress...in this journey together.