

ELITE

PERFORMANCE

PERFORMANCE ANCHORS RESOURCES

The Elite Performer's Anchor Playbook to Cut What Weighs You Down

TRAPS

CHALLENGE

ELITE QUESTION

ACTION

GO HARDER TRAP

You'll try to carry everything instead of cutting what slows you down.

What's the one thing draining my energy that isn't part of my Seasonal Focus?

Commit to cutting that anchor, even if it feels like giving up.

NICE GUY TRAP

You'll keep draining relationships and commitments just to avoid conflict or disappointing others

If this relationship or commitment disappeared tomorrow, would I be upset or feel relieved?

If you would feel relieved, admit it is an anchor and remove it, even if it feels uncomfortable.

PROVE YOU WRONG TRAP

You'll keep things harder than they need to be just to prove a point.

If I wanted to make success easier, what would I remove from my life or business?

Cut the unnecessary complexity.