

# **OVERACHIEVEMENT**

## **The New Model For Exceptional Performance**

**JOHN ELIOT**

**JOHN ELIOT** is a performance psychologist. He teaches business and psychology at Rice University and the University of Houston. Dr. Eliot was also the former director of Rice's program in sports management and performance enhancement. His consulting company, The Milestone Group, provides performance evaluation and training to corporations and individuals worldwide including Adidas, NASA, the United States Olympic Committee, the Mayo Clinic, Merrill Lynch, the Philadelphia Eagles and hundreds of elite performers.

The Web site for this book is at [www.overachievement.com](http://www.overachievement.com).

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**MAIN IDEA**

Overachievers think differently compared to the average person. How differently? Compare the overachiever's mindset with that suggested by the traditional quick-fix motivational speakers and self-help speakers:

The Myths of High Performance	The Realities of Overachievers
1. Use your head	1. Don't try and think too far ahead – but focus on performing well in the present moment.
2. Relax	2. Embrace stress – and use it to put an edge on the level of your performance.
3. Know your limits	3. Understand there are no limits – you can literally achieve whatever you choose.
4. Set goals.	4. Replace goal setting with vigorous action and intense motivation.
5. Work hard.	5. Stop working at what you're doing and start playing instead. Get inspired, not tired.
6. Don't put all your eggs in one basket.	6. All your eggs should be in one basket so you'll be single-minded.
7. Don't be overconfident.	7. Be irrationally confident bordering on arrogance to get the best out of yourself.
8. Be a team player.	8. Realize that by definition, an exceptional performer cannot be a team player.
9. Learn from your mistakes.	9. High achievers dwell on what they do well and spend little or no time saying sorry.
10. Minimize your risks.	10. Risk equals rewards – to overachieve, there must be the challenge of uncertainty.

In short, to join the ranks of the high performers, think differently. Develop the mindset of an overachiever and stay there.

**1. The mindset of overachievers . . . . . Pages 2 - 5**

Overachievers have a unique way of thinking which flows on to how they act. To understand this in more detail, delve into the neuroscience behind the way these people think. Ordinary people can accomplish extraordinary things by harnessing these same principles beneficially.

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| The Overachiever Mindset | 1 Have a “trusting mindset” – trust your skills      |
|                          | 2 Welcome pressure and harness stress to perform     |
|                          | 3 Create your own reality by ignoring the experts    |
|                          | 4 Embrace incredible dreams and talk about them      |
|                          | 5 Work less so you have more time to think           |
|                          | 6 Be passionate about putting all your eggs together |
|                          | 7 Have an insane level of self-confidence            |

**2. How to develop this mindset for yourself . . . . . Pages 5 - 8**

To join the ranks of the overachievers, access the overachiever's mindset. Reshape your thinking so you can trust your skills and experiences and then exploit them to the hilt. You must be able to perform so freely and intensely that you become not just good at what you do, but something of an artist in your field. That's where overachievement lies.

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| Tools to Help You Internalize the Overachiever Mindset | 1 Concentrate on staying in the present moment         |
|  | 2 Decide what your target is before you act, not after |
|  | 3 Develop a set preperformance warm-up routine         |
|  | 4 Write and live your own philosophy of performance    |
|  | 5 Regularly evaluate the quality of your performance   |
|  | 6 Make what you do a genuine work of art               |

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