

9 Secrets of Peak Performers

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What are the secrets of success? Do you need to be born with unique talents or special gifts? **Luckily, success is rarely the result of anything you can't acquire in your adulthood.**

You can develop the daily habits, resiliency, and motivation you need to achieve your goals. These are all things that can be learned if you're willing to put in the time and effort.

Peak performers have many traits in common:

- 1. Have goals and review them daily.** If you're like most people, you don't have a set of concrete goals, and you don't review them regularly. **Never underestimate the power of knowing what you want and reminding yourself on a daily basis.**
- 2. Surround yourself with the right people.** Peak performers have people who support their goals on their team and in their social network. If you want to be successful, realize that you can't do it alone. Hang out with other successful people.
- 3. Read regularly.** Those who are highly successful are constantly upgrading their knowledge and skills. For example, Mark Cuban claims to read three hours each day. You don't have to read for three hours, but it's important to make reading a daily habit.
- 4. Work toward your goals even when you don't feel like it.** If you wait for

perfect conditions, you'll never do anything. You can make progress each day, regardless of everything else that may be going on. **To get started, force yourself to work for just 10 minutes.** Let momentum keep you going.

5. **Get up early.** Peak performers are usually early risers. The early morning is quiet and a great time to work, plan, or create. Get a headstart on the day while everyone else is still sleeping.

6. **Minimize distractions.** At times, the most successful people isolate themselves from the rest of the world to get things done. You might not have investors and fans knocking on your door, but you do have the internet, TV, and kids. Keep distractions to a minimum when it's time to work.

7. **Be consistent.** Peak performers don't work sporadically. They are consistent in their efforts. **Make success a daily exercise.** Have a list of things you're going to accomplish and ensure that you do them.

8. **Take setbacks in stride.** Those that struggle tend to be easily sidelined by obstacles and setbacks. High achievers aren't bothered by such challenges. Peak performers have resiliency and maintain a balanced perspective. **The more challenges you can handle with poise, the more success you'll enjoy.**

9. **Make things happen.** Successful people don't sit around and wait for the world to pick them. They pick themselves and make the most of their abilities. Be assertive if you want to be a peak performer.

Success is within reach. **Anyone can become a high performer with a positive attitude and habits that support their goals.** A few lucky people naturally acquire an effective attitude and habits. The rest of us must cultivate them. Pick a few of these "secrets" and begin implementing them in your life. Success is bound to come your way.