

# GOOD TO GREAT PERFORMERS

THE CONTENT OF THIS MODEL IS **EXTREMELY IMPORTANT** FOR HUMAN PERFORMANCE.

“  
Self-belief and the belief of significant others in you is essential.  
”

## WHY THIS MATTERS



People perform differently when they believe they can.



Encouragement and belief from others unlock potential.



Optimism builds resilience and helps us overcome challenges.



Small beliefs create big behaviours. Big behaviours create results.

1

### OPTIMISM

A positive outlook fuels possibility.



Optimism fuels effort.

2

### SELF-BELIEF

Believe in your ability to make a difference.



Belief shapes behaviour.

3

### EFFORT

Bring energy, focus and determination.



Effort drives action.

4

### ACTIONS

Take the right actions consistently.



Actions create performance.

5

### PERFORMANCE

Consistent behaviours produce results.



Performance delivers results.

6

### RESULTS

Results create momentum and build confidence.



Results strengthen belief and optimism.

## OUR FUEL TANK OF OPTIMISM



We have a fuel tank of optimism and it needs to be topped up regularly.

### TOP IT UP BY:

- ✓ Having a reference point – this could be somebody that you speak to
- ✓ A checklist that you look at
- ✓ A story or a vision that you have for yourself that calms your mind
- ✓ A coach



“I believe in you because..”



A POSITIVE CYCLE OF **BELIEF, ACTION** AND **ACHIEVEMENT.**

WHEN WE COMBINE OPTIMISM, SELF-BELIEF AND SUPPORT FROM SIGNIFICANT OTHERS, WE UNLOCK **HUMAN POTENTIAL.**

