

Got Game? Get a Coach!

By James L. Jeffley



Top athletes and teams attribute their success to several key factors:

- 1) Innate Ability
- 2) Desire to Excel
- 3) Working with Like-Minded People
- 4) Clearly Defined Goals
- 5) Great Coaches

Sure, pros like Tiger, Venus, Serena, Shaq, Barry Bonds, the Super Bowl Champion New England Patriots, etc., are all superstars in their respective sports. They perform at the highest professional level, against the best competitors in the world. They know what it takes to win in the pros and they do what's necessary to succeed.

How's your game?

Is your career where you thought it would be by now?

Are you competing at the highest level, or does it feel like you're languishing in the minor leagues waiting for "the call" to the big time?

On a scale of 1 – 10, with 10 being highest, rate your current level of satisfaction with your career. (Circle one.)

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

Take Out A Sheet of Paper and Do the Following Exercise:

- Write down the number you circled above.
- What about your career makes it that number?
- What would be different about your career if you were satisfied at the next highest number? For example, if you're a "6", what would a "7" look like?
- Oh, you're a "10"? Great! What would an "11" look like?
- What would it mean to you if you "raised your game" one level?
- Write down three steps you will take to improve your career satisfaction one level. (Be specific.)
- Write down the outcomes you want by taking these steps. (Are they measurable?)
- When will you take these steps? (Set a clear timetable.)

Sometimes it's hard to raise our game to the "pro" level because we've become stuck in a "rookie" mindset, making "rookie" mistakes and playing "small". This is where a coach can prove invaluable.

A Professional Coach Can Help You:

- Identify limiting beliefs, language and actions that keep you playing small.
- Get clarity around your values.
- Develop a clear vision of what you want.
- Brainstorm concrete actions and strategies for raising your game.
- Stay focused on what's most important and stay on track.

Most importantly, a professional coach will serve as an objective supporter. Your coach will listen to you, understand you and see the best in you – even when others don't. Your coach will be honest, demanding and hold you accountable for reaching your goals.

Where do you find a coach?

To get started right away, visit www.mindsetmentor.org . Sign up for a FREE, 5-Day E-mail coaching program.

This is your call! I am calling you forth right now to the “big leagues”.

What's your answer?

James Jeffley is a professional speaker, author, coach and corporate trainer. He has taught tens of thousands of adults around the world how to create a Vision, make a Plan, create Partners and Act on their dreams. Learn more at www.mindsetmentor.org.