



## Common Performance Barriers

Identify the four top barriers that interfere with being at your best. As you think of these, ask yourself "what are the consequences to my energy level of each of these?" After you've weighed the costs and benefits, develop a plan for the next month to increase your energy in at least one of these areas.

- Impatience
- Defensiveness
- Negative Attitude
- Critical of Others
- Low Stress Tolerance
- Moody/Irritable
- Poor Team Player
- Inflexible/Rigid
- Unfocused
- High Anxiety
- Poor Time Management
- Lack of Trust
- Lack of Integrity
- Indecisive
- Poor Communication Skills
- Poor Listening Skills
- Lack of Passion
- Low Self-Confidence
- Lack of Empathy
- Overly Dependent
- Low Energy
- Poor Work-Life Balance
- Negative/Pessimistic Thinking

## Performance Barrier Analysis

Behavior Barrier	Benefit to you	Message being sent by your behavior	Costs to you and others
Example: Negative thinking, pessimism	Drives me to improve; I use anger to increase my focus and energy;	Too intense; serious; Unenthusiastic	Drains my energy; No enjoyment; difficult to bounce back

<b>Behavior Barrier</b>	<b>Benefit to you</b>	<b>Message being sent by your behavior</b>	<b>Costs to you and others</b>