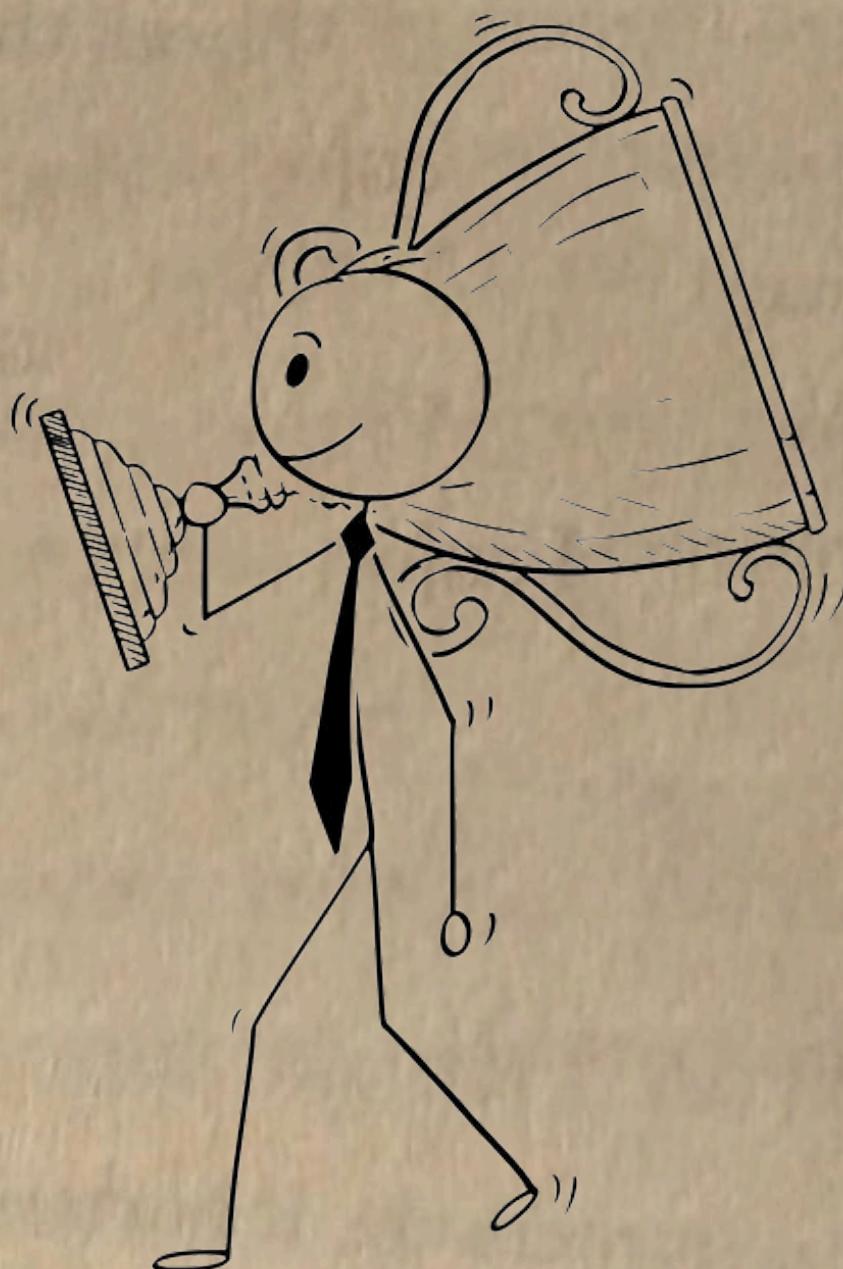




12

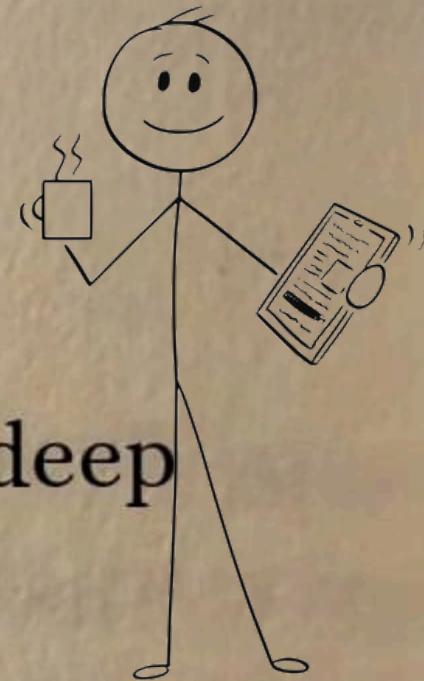
Rare Traits of High Performers





Early Start

The early hours are a great time for deep work and productivity.



Get after the morning, or the morning will get after you.

Gets Sh#t Done



Ability to overcome any challenge and get things done.

Extremely trustworthy with tasks.

Known for completing tasks quickly.



Say NO

Learn to say no to irrelevant tasks, and yes to productive, high-value work.

It takes courage to say no and set boundaries.

Constant Learning

- Get 1% better Every day
- Seek feedback
- Expand their skills
- Are curious and hungry





Strong Communicator

- Convey information clearly and effectively.
- Strong verbal and written communication.
- Active listening skills & Communicate with all types of people.



Prioritize

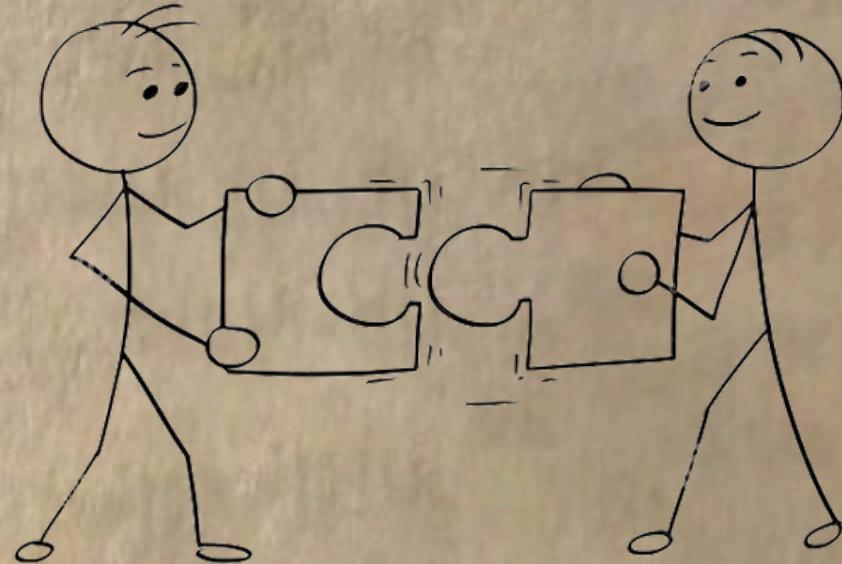
Cut down on the noise and focus on high-impact tasks first.

Prioritizing tasks is the biggest competitive advantage you can have.



Genuine

- Show empathy & Collaborate well.
 - Treat others with respect
 - Understands the struggle of others.



Delegate

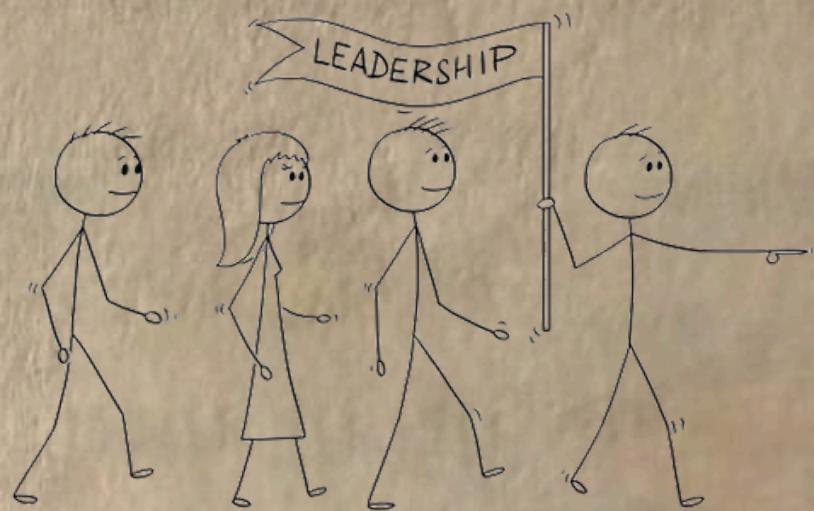
Understand your strengths and weaknesses.

Delegate what you are not good at, or what is not relevant to your core duties.



Control over emotions

- Good at dealing with stress.
- Never lets emotions affect decisions.



Feedback

Do not be afraid of criticism.

Instead, see it as a tool to improve and become better than yesterday.



Grit

- Strength to bounce back
- persist through obstacles
- Tenacity to keep pushing



Breaks

Taking breaks is essential. The brain needs rest to function at its best.

Short, regular breaks can dramatically improve focus and creativity.