



The Next Level of Performance, LLC

Breaking through the Plateau

Has your progress been stalled on any of your goals? Are you running on the treadmill instead of the street? Usually when we stall like this we don't recognize that there has been a change in our activity that caused this problem. We must focus on things that were making us progress from the start of our journey to that goal.

What Changed, New priorities, distractions or events? If we are working on things that are not moving us towards our goal then we must stop NOW. The process of reaching most goals requires a system for success.

Much like leadership, let's look at the system before we blame the person. Brian Tracy says that "all masters were once disasters" so in order to master this process we have to learn where we lost focus and concentration of our goal.

It's not as important to think about why you stalled as much as how do you get back on track. Who is your sounding board? Where do you go when you stall?

We have all been in a place where it seems like we are in neutral but it's time to get back into drive and go forward. Some of the excuses that we tend to use are around not being able to manage time.

Time is a constant and I have always said don't try and manage time, manage your priorities and let time keep on ticking.

For more information, please contact us at contact@coachthenextlevel.com or www.coachthenextlevel.com.