

High Performance Self Awareness

Tiggers & Tolerations

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Triggers

We often have things that can trigger us to experience negative emotions like anxiety and anger on a daily basis. Certain people, situations or daily annoyances are a few;

What things trigger a negative response and what are the specific emotions that you feel?

Example: "traffic - anger"

It's not always possible to stop ourselves being triggered (managing yourself is often the best practice) but noticing how you respond to triggers physically, emotionally and psychologically is a great technique for becoming more present - a prerequisite of high performance.

Remember no emotion is bad - life is about experiencing them all - and we can't control other people but we can control our response to our own emotions by becoming more present.

Tolerations

We often tolerate things that cause us to feel stress but are often things that we can avoid by being more proactive. Saying yes to too many things and not taking enough breaks in your working day are good examples.

What are the things that you tolerate on a regular basis that cause you stress, and what solution could you put in place to ensure it stops happening?

Example: "Taking on too many projects - say no more often!"

Gain Awareness, Gain Control

Once you're aware of your triggers and tolerations you'll have much more control of your emotions and responses to them. This level of self-awareness and self-management is great for a leader to have and time is well spent reflecting inward.

Often times we don't notice the things we do or feel habitually (that's why they call them habits) but getting full awareness and control of our good and bad habits and responses can only have a positive effect on our performance.