

Finding the balance and understanding what happens when we are out of balance and being able to recognize the signs.

What is the Sweet Spot? It is like when you are playing tennis, the sweet spot of the racket is the very centre and when you hit the ball on the sweet spot, you really know about it, you know it was a great shot, strong, smooth, in control but when you hit the ball on the edge of the racket the ball can end up anywhere.

The Sweet Spot is the balance between Despair and Arrogance....

Despair

Sweet Spot

Arrogance

Where are you situated with the above?

Most people are either in 'Despair' or 'Arrogance'...Trying hard to find their sweet spot in life. Working towards a balance in life.

Despair

When you are in Despair you;

- Stop Believing
 - In yourself
 - In the process
 - In the product
 - That you make a difference

- Give Up
- Don't try anymore
- Don't work, don't make an effort.

Sweet Spot (Confidence / Balanced)

When you are in the **Sweet Spot** you are confident and balanced in what you do. You;

- Practice
- Have good judgment
- Are Alert, being alert is a big key to success.

Arrogance

When you are in the **Arrogance** mode, you;

- Think that you are entitled to success and that it will happen regardless, no matter what.
- You think it will just happen without putting in the effort.
- Do not practice good judgment, your work or alertness.
- Stop working.

The connections between despair and arrogance is scary and at the end of the day people stop working regardless of whether they are experiencing despair or arrogance. Being able to recognize these different emotions and being able to listen to our self talk is very important. Learn to pick ourselves up before it is too late.

How to get to the sweet Spot

- Listen to yourself and others
- Put in the effort to make things happen
- Have a positive expectation of the outcome
- Plan...why am I expecting to have a positive outcome... What have I put into place to ensure a positive outcome?
- Put in the effort – HARD WORK

Take the lid off !!

Enthusiasm is extremely important...

Take the lid off of your (Remove the barrier)

- Expectations
- Beliefs
- Opinions

There is no standing still – you either gain or slip