

immortal  
executive

Creating  
Powerful  
Performers  
via  
High Energy  
Performance



*I help dissatisfied executives transform their frustration into High Energy Performance in all areas of their life.*

## **Let's turn 'impossibility' into possibility**

***In today's Newsletter I'm going to share with you what energy creates.***

### **3 Focal Points:**

- ***There is no limit***
- ***A foundation for creativity***
- ***Where impossibility is very possible***

In the past I felt myself wandering through the desert, just to get by. As busy as I was, there were times when I was disillusioned, alone, contemplating my next steps and purpose. This is an exhaustive process, that consumes huge amounts of energy. When you're caught up in this mindset it can be hard to see your way clear. Fatigue sets in, focus and energy diminish. You bottom out. When used wisely, it's 'this period of time' that can be the most rewarding. You're at a low, wavering... ***Then you allow yourself to fall forward and fly.***

A stroll down memory lane... OK, a little before my time, I recently came across this Golden Oldie: *The Best Is Yet To Come*, attributed to Old Blue Eyes, Frank Sinatra. His voice was smooth. Though it was this classic sentence that sent my energy soaring:

***"The best is yet to come."***

The association: **there is no limit.** I began embracing the notion that what I have achieved is good, if not great... and the best is yet to come. This opens up a door of possibility that's irresistible.

### **What feeds into this?**

A mindset that is both highly energized and ready to produce extraordinary results. It's this resolve to do better, achieve more, be even more creative, make a difference in my life... Whoever is willing to join the game plan... I'm here for them. I'm here for you.

Let's add to this 'picture': third stanza, same song:

*"You aint seen nothing yet."*

It's amazing how words have the power to impact both mood and performance. Delivered at the right time, they can be a godsend, when you're 'prepared to check in'. This is exactly what happened for me, via Old Blue Eyes.

In your busy world it's essential to check in, making sure that your 'car' is running smoothly, and you're fueling it for *High Energy Performance*.

*"Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance."*

- Brian Tracy, motivational speaker

This is your foundation for creativity. The first step to build your High Energy Performance is to recognize your **limiting beliefs**: the encumbering stories that you tell yourself. This is 'sub-grade fuel' that will 'stall your car'. Be prepared to 'dump them'... and move on, and up. You are a power force to be reckoned with.

The way that you move, think, process and execute might not yet be ideal, because you're fueling yourself with thoughts. These thoughts undermine your potential, and drain your fuel. This will all change when you decide:

**...now is the time to invest in the rest of your life.**

Here's a reality check: you get to 50 years old, and you look down. 60... 70... 80... what will it look like? Ruminating starts. You become preoccupied with your professional and personal status. This line of thinking actually happens way earlier than 50, because you're stuck with limiting beliefs.

Let's get creative:

**What will fire up that engine of yours?**

I can share with you from personal experience that deliberation will shut that engine down. What if you take a risk, step outside that comfort zone and challenge your inner world, your professional world...?

Here's an example. A friend of mine now living in Japan has decided to embrace Japanese culture and experiences. I'm happy for her, and a little envious. Here's why: she is redefining her life. This past week she got creative. Taiko Drumming is amongst Japan's most popular icons. The resonating beat of the big drums is an uplifting experience. For her small frame, and a male-dominant art, she is taking on this iconic and mesmerizing performing art. She'll pound on drums that can weigh as much as 900 pounds. This is an altering experience. OK, so this is something outside her profession. What gives?

To reach High Energy Performance status, you have to be prepared to step outside your bounds. This will influence your core - the energy that fuels your engine.

Professionals who can't see the correlation of life outside their work environment, and within, remain stuck with the small picture. This is where frustration creeps in.

Creativity breeds further creativity. What you do in your workspace influences what happens outside this space. Similarly, what happens outside your workspace will profoundly impact your thoughts and actions inside your work environment.

As a High Energy Performer, **you create the space where impossibility becomes possible.**

U.S. author, aeronautical engineer, and retired Naval officer, Robert Heinlein, had this to say about 'impossibility':

***“Everything is theoretically impossible, until it is done.”***

High Energy Performance means being part of the exception... not the rule. I challenge you to reframe your thoughts and actions, by taking on “impossibility”.

### **Plan of Action**

The High Energy Performer:

- Sees a vision and acts on this vision.
- Looks at all potential barriers that can offset progress.
- Creates solutions for each potential barrier.
- Discards excuses.
- Turns 'impossibility' into possibility.
- Never looks back.
- Reaches an endpoint and asks: *What's next?*

***“Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win.”***

- Sun Tzu

My request of you: win first. Clear your path and fuel yourself to win. To make this all happen for you, I'm going to challenge you to step into possibility.

Have a powerful week...



**Paul Lewis**  
**President**  
**Immortal Executive**



