



Think of a significant accomplishment you look back on with deep satisfaction



Exercise 2 –
Map Your
Peak
Performance

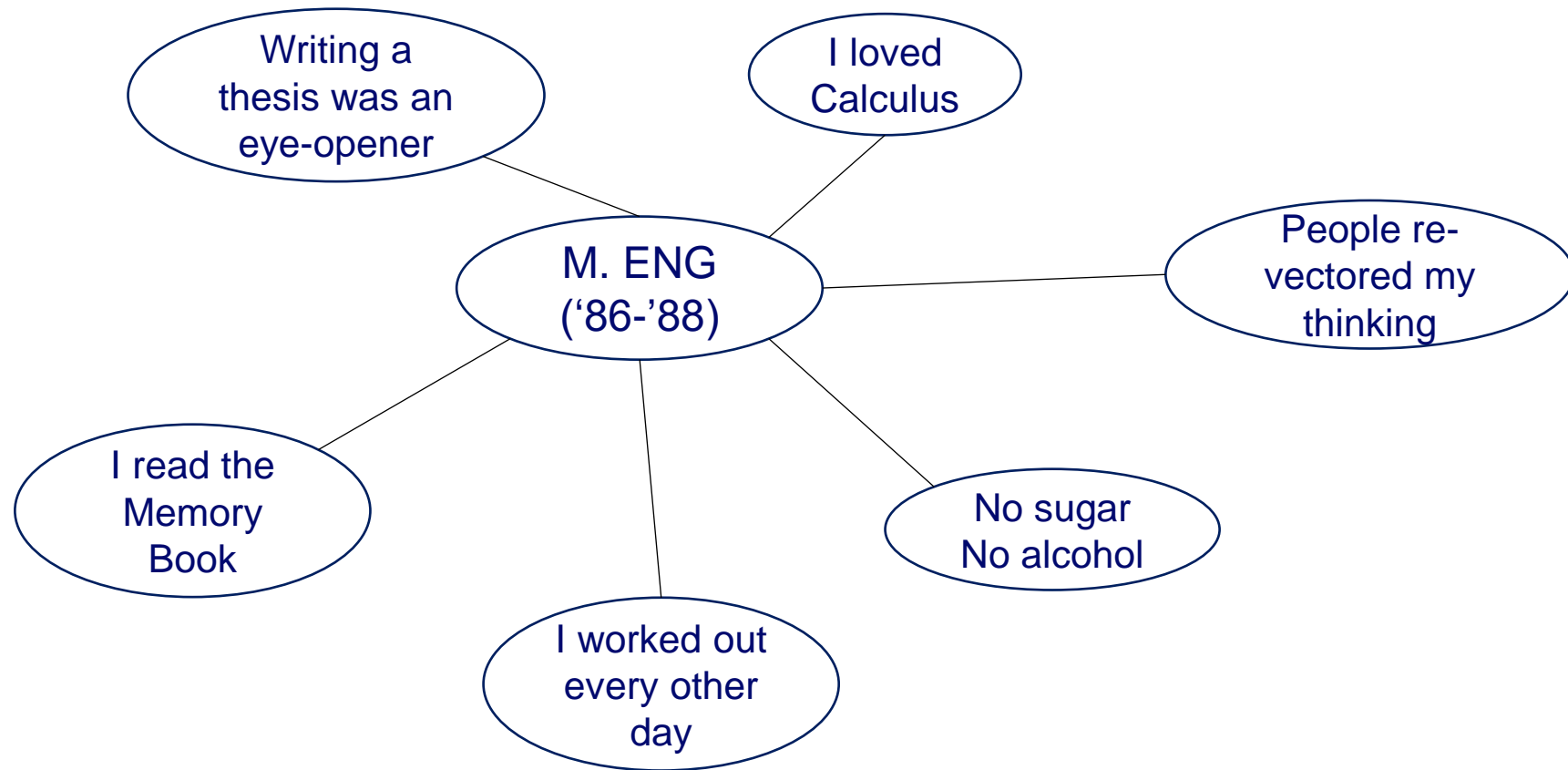


Step 1: Pick a significant *accomplishment*

M. ENG
(‘86-’88)

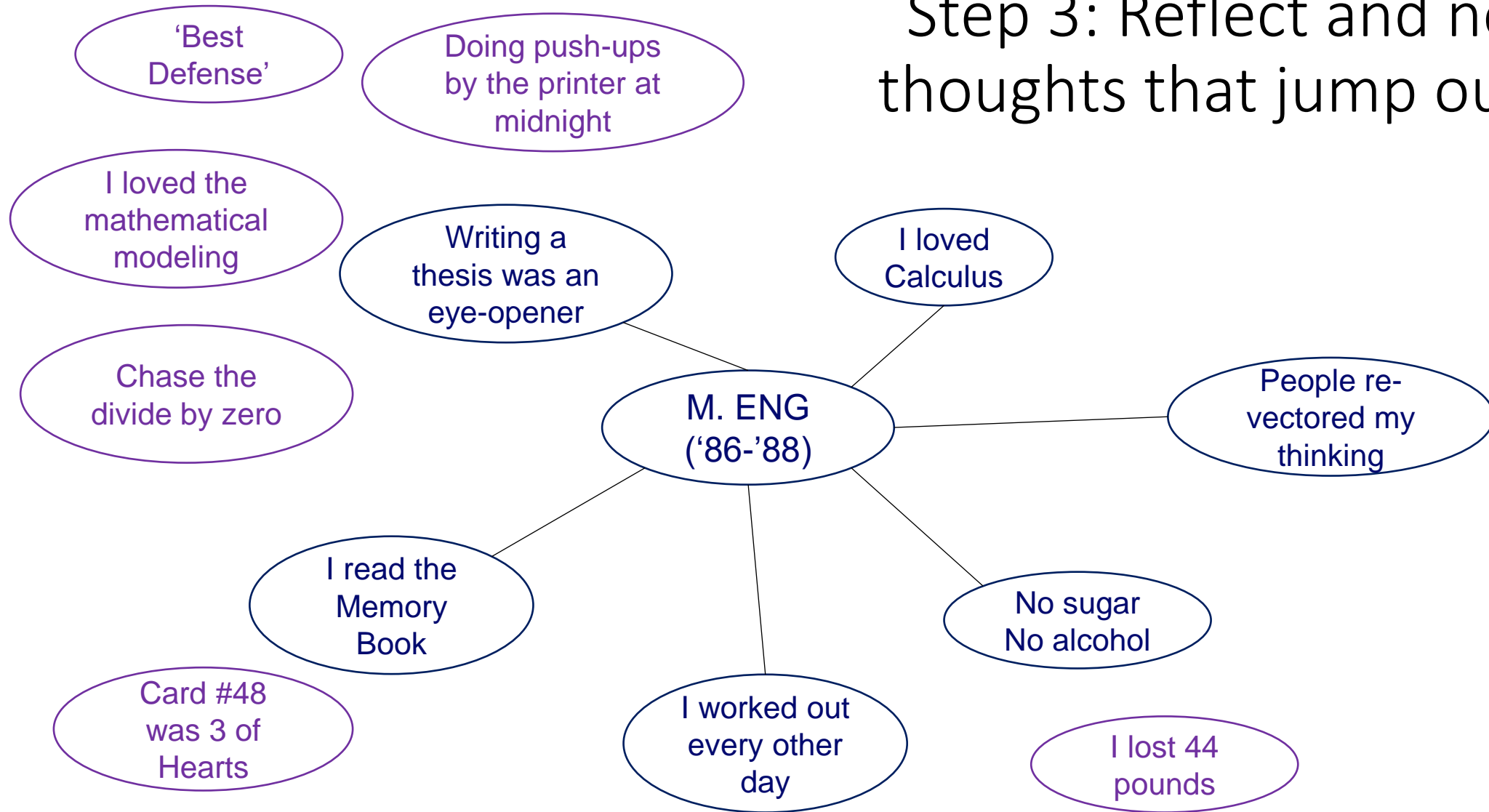
*A high point in my life was
when I did my Masters
from 1986 to 1988*

Step 2 : Not the *first* 5 or 6 thoughts that arise



Create your first version in 90 seconds or less

Step 3: Reflect and note any thoughts that jump out at you



Exercise 2 – Example

Instructions:

Step 1 - Pick a significant accomplishment and write it in the centre of the page (in bold)

Step 2 - Note down the first 5 or 6 thoughts that arise (in blue)

Step 3 - Reflect and note down any that additional thoughts jump out at you (in purple)

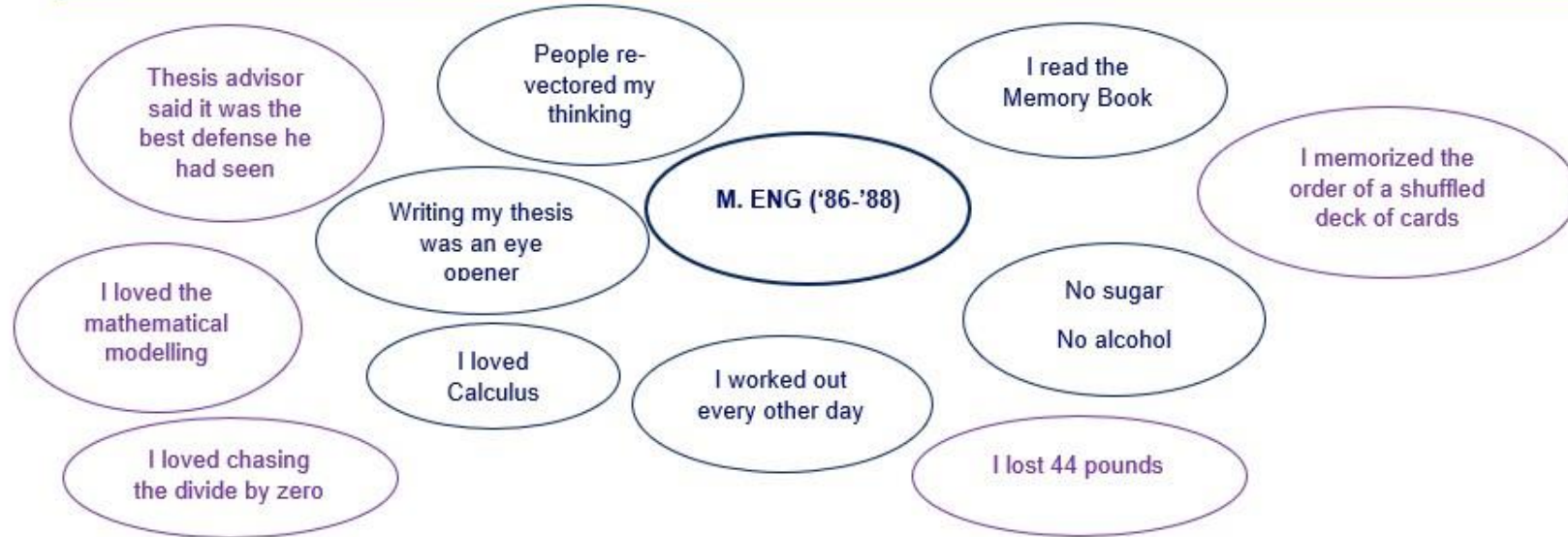
Step 4 – Rate the presence of each talent (on a scale of 1-10)

Step 5 – Notice the underlying flow patterns

Talents

Presence

Intellection	10
Learner	10
Input	10
Maximizer	7
Futuristic	8



Flow Pattern	Description
Friendly Attention	I love finding anomalies (positive and negative) in data or people's behaviour
Cascade	I get a thrill when I stumble across an interesting fact or concept, especially if I can use it immediately
Prototype	I love testing my thinking with conceptual tools or prototypes
Perfect Storm of good habits	I can 'tack' intrinsic satisfaction from one activity to another
Pivot	I love having stimulating conversations and getting early input from trusted advisors