

RICH DIVINEY

NAVY SEAL

WITH ED MYLETT

- CHALLENGE
- UNCERTAINTY
- STRESS

→ HOW TO DO THE JOB VS. CAN DO THE JOB

RESILIENCE
GET KNOCKED OFF BASELINE & THEN GET BACK TO BASELINE

- SHIFT BASELINE
- COME BACK STRONGER
- 2 MINUTE RULE - AFTER 2 MINUTES YOUR DONE BACK TO BASELINE.

VULNERABILITY
- OPEN & HONEST ABOUT MY STRENGTHS & MY WEAKNESSES

OPEN AND HONEST EXCHANGES
DONT PEAK - DO IT CONSISTENTLY.

DRIVE ATTRIBUTES

- SELF-EFFICACY
- DISCIPLINE
- OPEN-MINDEDNESS
- CUNNING
- NARCISSISM

PEAK PERFORMANCE VS.

OPTIMAL PERFORMANCE.

PEAK IMPLIES APEX (ONLY COME DOWN FROM)
- PLANNED FOR. PREPARED FOR AND SCHEDULED

DRIVEN BY ATTRIBUTES

OPTIMAL: WHAT'S THE BEST I CAN DO IN THE MOMENT

- RESPONDING UNDER PRESSURE

→ ONE WAY TO BUY DOWN EXTERNAL UNCERTAINTY

IS TO ASK A SIMPLE QUESTION

"WHAT CAN I CONTROL RIGHT NOW"

CONTROL YOUR 3 FOOT WORLD

CAN WE GET BETTER THAN OUR BASELINE?

THEN ACT ON IT. MOVE ON IT.

- LOW SKILL SET
- RIGHT ATTRIBUTES

LONG TERM HAVE BEST OPTIMAL PERFORMANCE

25 HIDDEN DRIVERS OF OPTIMAL PERFORMANCE.

MILESTONES

- MILESTONES ALLOW YOU TO BE FLEXIBLE FOR LONGER TERM GOALS
- BE RESOLUTE IN THE OUTCOME YOU'RE LOOKING FOR.

STRESS IS DESIGNED TO GET US MOVING.

- STRESS TO FEAR
- ANXIETY
- UNCERTAINTY

FIGHT
FLIGHT
FREEZE

OPTIMAL IN THE MOMENT.
NO APEX - DO IT CONSISTENTLY - OVER TIME.

SKILLS VS. ATTRIBUTES

SKILLS NOT INNATE TO OUR NATURE. HERES HOW & WHEN.

→ DOESNT TELL US HOW WE WILL PERFORM UNDER PRESSURE / UNCERTAINTY
• KNOWN SKILL TO AN UNKNOWN ENVIRONMENT

ATTRIBUTES

• THESE CAN BE BUILT & DEVELOPED.
• DIFFICULT TO

CONSISTENTLY UNDER PRESSURE

→ HOW DO YOU RESPOND HOW DO YOU PERFORM
• THE LENGTH OF TIME YOU ARE DOWN.

ASSESS MEASURE TEST

TRAINING TEASES OUT YOUR ATTRIBUTES TO SEE IF YOU CAN DO THE JOB.

THESE MILESTONES NEED TO BE CELEBRATED!

EVERY QUESTION YOU ASK YOURSELF - YOUR BRAIN WILL ANSWER

QUALITY QUESTIONS THAT YOU ASK YOURSELF.

RECOVERY

- SLEEP
- BREATHING
- VISION (OPEN GAZE)

REAL EXPERIENCE VS. VISUALIZED EXPERIENCE

[STEP INTO YOUR FEAR]