



High Achievers Syndrome

THE FLOW

The Real Test

- Give up when things start getting difficult
- Recognizing what makes you throw in the towel
- Understanding your threshold is critical to exceeding your goals and pumping up your passion.
- When high-achievers are performing at their best, they are all able to manage what is called the **"flow"**

The Flow

What happens when someone is in flow?

- No track of time
- Easier to perform when in Flow
- Lack of self-consciousness, while feeling a better sense of self afterward
- Feelings of excitement and satisfaction, almost simultaneously.

Flow-explained

- Flow is the space between anxiety, frustration and boredom.
- When a person is in flow they are able to explore wealth of knowledge, skill and motivation.
- This is when high-achievers outperform others.



Flow-explained

Skill set & Flow

- When the challenge is high
- When the challenge is low

Keeping the flow.....flow

- Begin a venture
- Become more skilled

Keeping the flow.....in flow

- Entrepreneurs are notorious for overloading their plates.
- Entrepreneurs- a smarter club
- Whatever you do, don't be a martyr and let the anxiety overwhelm you.

High Achievers Alert

- Alert phenomenon
- Worry, unspecific anxiety and bored

High Achievers Alert

- Work through the monotony.
- Do it any, like or dislike
- Being bored

HIGH Vs LOW ACHIEVERS

High Achievers: People & Profit centric
Low achievers: Own Security centric

HIGH Vs LOW ACHIEVERS

- High Achievers: View Subordinates optimistically
- Low Achievers: Show a basic distrust of subordinates abilities

HIGH Vs LOW ACHIEVERS

- High Achievers: Seek advice from their subordinates
- Low Achievers: They don't

HIGH Vs LOW ACHIEVERS

- High Achievers: Effective Listeners
- Low Achievers: Avoid communication and rely on policy manuals