

A GUIDED EXERCISE
FOR HIGH PERFORMERS

ONE SHIFT

WHAT NEEDS TO SHIFT?

A 15-MINUTE GUIDE TO SEE WHAT'S COSTING YOU AND
FIND YOUR NEXT SHIFT.

THE DEMANDS MAY REMAIN.
HOW YOU MEET THEM **CAN SHIFT.**



ONE
SHIFT

WHY ARE YOU HERE?

You can be functioning well and still know something isn't working.

The strategies that helped you perform may eventually become the things costing you energy, clarity, recovery, or connection.

This isn't about lowering your standards. It's about identifying what may need to shift so you can continue performing sustainably.

HOW TO USE THIS GUIDE

15 minutes. One honest look. One meaningful shift.

Print it. Write on it. Don't try to solve everything.

You're looking for one thing worth shifting.



STEP
01

SEE IT
IDENTIFY THE PRESSURE

AWARENESS
CREATES
OPTIONS

High performers often adapt to pressure without even realizing the cost. This step helps you to bring it to the surface to see what is really going on.

WHERE IS THE PRESSURE SHOWING UP?

List the situations, demands, frustrations, or patterns that are taking more energy, attention, or emotional bandwidth than you'd like.

WORK		Leak	Loop
1		☐	☐
2		☐	☐
3		☐	☐

LIFE		Leak	Loop
1		☐	☐
2		☐	☐
3		☐	☐

LEAK _____ A smaller, recurring source of friction that consistently costs you something.

LOOP _____ A pattern that keeps repeating and creates a larger or more persistent impact.



HOLD IT UP

EXAMINE THE PATTERN

CURIOSITY
CLARITY
PERSPECTIVE

Now that you have identified where the pressure is showing up, take a closer look at what it is costing you. This step helps bring awareness to the bigger picture.

1 CHOOSE ONE PRESSURE POINT

Select one loop (or the one with the biggest impact right now) from your list on the previous page. Write it below.

2 WHAT IS DRIVING THIS PATTERN?

Is this primarily externally driven, internally driven, or a combination?

EXTERNAL

- ☐ Environment
- ☐ People
- ☐ Schedule
- ☐ Workload
- ☐ Circumstances
- ☐ Role Demands

INTERNAL

- ☐ Expectations
- ☐ Overthinking
- ☐ Need for Control
- ☐ Personal Standards
- ☐ Fear
- ☐ Self-Talk

BOTH

- ☐ The environment creates the demand but my internal response may be increasing the cost.

3 WHAT IS THIS COSTING ME?

Check all that apply. Then, take a moment to reflect on the cost you notice the most.

- | | |
|---|--|
| ☐ Energy | ☐ Presence |
| ☐ Sleep / Recovery | ☐ Performance |
| ☐ Focus | ☐ Emotional Bandwidth |
| ☐ Relationships | ☐ Something else: _____ |

**THE COST I
NOTICE THE
MOST IS:**

If nothing changes, what will this continue to cost me?

Now that you have looked at what your pressure points are costing you, this step helps you to explore what actually needs to shift.

1 WHAT NEEDS TO CHANGE?

Based on what you have uncovered, what needs the most attention?

You can choose more than one.

☐ THE DEMAND

Something about the situation may need to change.

☐ THE STANDARD

Something I'm requiring of myself may need to change.

☐ THE PATTERN

Something I repeatedly do may need to change.

☐ THE RESPONSE

I need a different way of responding to the pressure.

I THINK THE SHIFT MAY BE:

List it below:

2 WHAT WOULD THIS SHIFT GIVE YOU BACK?

If I made this shift, I would get more:

☐ Energy

☐ Connection

☐ Motivation

☐ Time

☐ Recovery

☐ Emotional Bandwidth

☐ Presence

☐ Focus

☐ Something else:

☐ Clarity

☐ Capacity

WHATNOW?

This guide is designed to help you see the pattern and identify where a shift may be needed.

For some of you, there may have been enough clarity and awareness through this exercise. But knowing what needs to change and actually changing it are two different things.

The Personal Standards Reset is where we take one of those patterns deeper.

Across four coaching sessions, we'll examine the standards, beliefs, and patterns underneath it and work toward a more intentional way of operating.

If something you uncovered in this guide is still sitting with you, that's a good place to start.

Let's explore what needs to shift.

Learn more about the **PERSONAL STANDARDS RESET**