

# AT MY BEST WHEN

**List 5 factors that make it easier for you to be and work at your best:**

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.....

"22 years of training, competing, making good choices, and working hard was culminating in one swim meet, a handful of one-minute races. If everything went according to plan, I knew my team and I could break the world record and come home with a gold medal that day."

- **BJ Bedford Miller**  
US Olympic Gold Medalist

Visit  
**[www.AtMyBestWhen.com](http://www.AtMyBestWhen.com)** for  
ideas on creating your own  
AMBW inventory.



## When you know...

Do you know THE superpower that is as important as Superman's x-ray vision or Wonder Woman's truth-lasso?

**Knowing when you're at your best** is crucial to your success as a leader, a colleague, and an individual contributor. It is equivalent to speaking a 2nd (or 3rd or 4th) language; you can call on this knowledge when you need it.

### *When It's Important to Be At Your Best*

When it's time to be productive, it's too late to *get ready*.

You need to do the work to *be ready*. Build your own Personal Productivity statements of "At My Best When" to make it possible (and much more likely) that you'll make a positive and proactive difference at work and in your life.





## Write. Review. Do.

At work, at home, in the office, or on the road, you are in charge of creating the conditions for optimal performance.

Three (3) factors to keep in mind:

- Each condition must be believable. It must be possible for that condition to occur.  
**... when I eat a complete and balanced breakfast.**
- Each condition must be in your control.  
**... when I capture my agreements/tasks as I make them.**
- Each condition is - by default - a little bit extra than what you have time for.  
**... when I acknowledge someone on the team for progress on a project.**

Think about tomorrow.

What have you planned to do?  
What could surprise you? Who do you need to be your best for?

Now, write your own “I am at my best when...” statements.

I am at my best when...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

See **pages 26 and 27** of the book: ***Your Best Just Got Better*** for examples of “At My Best” inventories.

Also, you can visit [www.AtMyBestWhen.com](http://www.AtMyBestWhen.com)

