

A-Circle / Å

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Confidence

You can always do your best

In one of my favorite books, "The Inner Games of Tennis", the author, Timothy Gallwey writes that performance (P) equals potential (p) minus interferences (i)

$$P = p - i$$

The interferences can vary:

- lack of skills
- afraid (of whatever)
- headache
- tired
- over confident
- lack of willpower
- expectations (definitely this one!)

In a line of my work I educate people to prepare for certification exams in several frameworks and methods. Quite often, before exams, many students share their interferences (similar to the list above) with each other. They often ask for advice and this is what I tell them,

"Ok, let's accept those interferences. Right now, they are what they are. So, you probably won't achieve your best today, so just DO your best"

You can always do your best. You can't do better than your best. Sure, you could maybe have achieved something better if you didn't have so many interferences today. This is one of the main differences between doing your best and achieving your best.

In competitive sports, doing your best can't guarantee gold medal. Luckily, you can't control that 100%. However, the fewer the interferences and the better prepared you are to DO your best, the closer you are to winning the gold medal.

At Å, we help people to remove their interferences to boost performance.