



Mondays with Mike

AULTCARE

MONDAY TUE

What is our X-factor?

Having an X-factor means that we have something that sets us apart. We have something that positively differentiates us from others. This might not matter when our skills and talents are far superior, but it is crucial for us to tap into something else when talent is equal.

Do we work harder, smarter, or more efficient? Do we plan better? Do we use strategy better? Do we stay focused longer? Do we use our skills in a different way? Do we maintain our poise? All of these things can set us apart.

A great example of this is found in the Navy Seals. They feel that they can conquer and overcome any situation because they have trained better than anyone else. They are prepared. It is often said that a person does not rise to the challenge, but they sink to the level of their training. For the Seals, the level of training is higher, and they know that they will be successful.

This week, let's reflect upon our X-factor qualities and get them into our life's key areas. List them and use them - no excUses! By the way, did you see what is in the middle of all excUses?

Have an X-factor week!

