

Get out of  
your own way.

ReganWalsh  
*Executive & Life Coach*

} Helping people craft  
strategic plans for their lives.

SPOILER  
ALERT

# WHY WE'RE HERE

- 1. Define and/or redefine winning*
- 2. Understand what habits might be tripping you up*
- 3. Learn practical tools and tips to get out of your own way*



What, exactly,  
is winning?

*Getting out of your own way requires*

## COURAGE TO CREATE NEW HABITS

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### PARALYZING HABITS: THE TRIFECTA

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**The Perfection Trap**

**The Disease to Please**

**The Solo Pilots**

*Getting out of your own way requires*

## COURAGE TO CREATE NEW HABITS

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### **OVERTHINKING: THE EMOTIONAL DRAIN**

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**Minimizing**

**Ruminating**

**Personalizing**

*Getting out of your own way requires*

## **COURAGE TO CREATE NEW HABITS**

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### **PR FAIL: YOU'RE NOT CAMPAIGNING FOR YOU**

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**Mistaking confidence for arrogance**

**Believing your day will come**

**Thinking your glass is half empty**

*Getting out of your own way means*

## LETTING GO OF JUDGMENT

**Oh well**  
**vs.**  
**OMG\***

*\*Unless something really incredible happened.  
Then by all means, say OMG—you earned it.*



*Getting out of your own way means*

## MAKING DELIBERATE CHOICES

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**When I say yes to this,  
what am I saying no to?**

*Getting out of your own way means*

## GETTING COMFORTABLE SAYING NO

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### “NO HACKS”

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- Say no to the task (not the person).
- Implement the 90% rule.
- Buy yourself some time, and do a gut check. Then, if no is your answer, be honest (and build respect among your peers).

*Getting out of your own way means*

## APPOINTING A PERSONAL BOARD OF DIRECTORS

### WHO CAN PLAY EACH ROLE IN YOUR LIFE?

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**Truth-teller**

**Accountability partner**

**Mentor**

**Cheerleader**

**Perspective shifter**

**Sponsor**

*Getting out of your own way means*

**BEING ABLE TO CLEARLY ARTICULATE  
WHAT MAKES YOU TICK**

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**What the heck is a  
leadership user manual?  
Why do I need one?**



#yourlifeyourterms

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