



GROWTH STYLE OF LEADERSHIP SKILL: 'ESSENTIAL COMPETITION'

“The principle is competing with yourself. It’s about self-improvement, about being better than you were the day before.”

Steve Young

“No one knows your weaknesses better than you. Be grateful to the competitor who points them out; and compete with yourself before they do.”

Michael Murphy

DEFINITION:

‘Essential Competition’ means to know ourselves deeply and honestly; to be clear on what we love and what we ‘think’ we lack; so that we can use the energy of what we love to fulfill and manifest what we think we lack.

This is about continuous improvement; about experiencing a lifestyle of habits that propel us upward and forward in an ongoing movement towards growth, and expansion.

Essential Competition is about accepting us in our totality; not only in who we like to think we are, but specially in who we think we are not. By knowing our obstacles, our weakness and our ‘anti-powers’, we are empowered and able to fill in these gaps in creative ways.

In business, it opens space for authenticity, openness, inclusion and creativity. It is about refraining from blaming when results are not met, and focusing instead on the honesty to recognize gaps and weaknesses so that they can be used as opportunities for expansion and growth.

BENEFITS:

1. Shifts focus from blame, regret and comparison to opportunities for gratitude, expansion, diversification, and balance.
2. Provides a explorative, fun, engaging and motivating lifestyle focused on the ‘next level’.
3. Allows you to accept and love where you are and what you have; using them as leverage for what’s to become.
4. Promotes an attitude of “et cetera”, whereby there is always a next level ready to be manifested.
5. Flows in harmony with a natural universal movement towards ongoing expansion.
6. Refrains from stagnation and accepts and appreciates change as a way of life
7. Supports neutral engagement, connection, and observation.