

CAUSE BEATS EFFECT

EPISODE #7

www.HighPerformanceUnlocked.com



in EFFECT...

"Life happens to me. Other people and events control my life."

This makes you the **victim and in effect**.
Providing no control of the outcomes.

at CAUSE...

"I take responsibility for everything that happens in my life, directly or indirectly."

This puts you **at cause and in control** of your life.

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Two Different Mindsets

Cause	Effect
Takes responsibility. Choice. Opportunistic. Powerful. Action. Leader.	Blames. No choice. Has to. Powerless. Excuses. Victim.

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High-Performers in "effect."

Common "victim" mindsets.

Blaming others for how you feel.

If you own your reactions and emotions you can process them and lead your emotions effectively. If not, your emotions will control you.

The story in your head (your self-talk).

It's your mind and you can learn how to control it. People who think they can't, will never put the effort in to learning how.

I "hope" this works for me.

It's up to you to figure out how to make it work. Ask questions, learn and take ownership. Applies to literally everything.

Your communication.

The meaning of your communication... Is the response you get.

If they don't understand you, try a different approach/ different communication style.

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Typical language patterns of someone in "effect."

Makes me

Because of...

If... then, until... then, when... then.

Since... so

But

Whenever this...

Only when **YOU** are **100% at Cause...** Can you demand 100% from others.