

# The Courage Principle of **PRESSURE**



*Without pressure, there is no progress.*

## **PRINCIPLE OF THE WEEK**

There is a difference in being under pressure and experiencing stress, yet in many ways they are similar. Stress comes from having an overload or being trapped or pushed into a corner, we can't see the end of the tunnel, but can't go back either. Sometimes in business, we start something that may not work, but the consequences of quitting are greater than going ahead, that creates stress. Stress is hard on your body and counterproductive. It can produce health issues, trouble sleeping, a negative outlook and it leaves you exhausted.

Pressure is more of a choice when you are actively seeking to accomplish things. It stretches and challenges you and takes you to a higher level. In sports we push ourselves to our maximum capacity in order to win. In business we plan, work, coordinate efforts and maximize resources to attain success. We put pressure on ourselves and others when we want to get something done that is valuable.

There are two types of leaders: proactive and reactive, they both face pressure. A proactive leader looks ahead to know what is coming and puts pressure on himself and others to achieve their goals or avoid a disaster. A reactive leader answers to circumstances after the problems are created. This produces a leader who is overwhelmed and in a constant state of urgency and stress. There is a clear difference between pressure and stress. Pressure may turn into stress, but in many of these situations we can readjust our goals and even use a back door out of pressure situations if we want to. Proactive leaders cut a path for others to follow. They are driven by a vision of what needs to be done. They will handle problems that others fear and avoid. They see into the future, and see things as they should, or could be, and strive to bring them about. They dare to do what others won't do. They will run when others quit, work while

others play, and walk where others fear. They live under constant pressure by choice. They could slow down or reschedule or set lower goals, but they want to be achievers. They thrive on challenge and are identified by having vision. If you want to be a good leader, you must learn to live with pressure.

## **Benefits**

1. You will have a feeling of achievement which strengthens self-esteem.
2. You will add value to yourself and those on your team because you are looking for ways to grow and succeed.
3. You will learn to consistently take ideas and turn them into reality.
4. You will continually build on past successes and end up loving more and more what you do.
5. You will not need motivation. You will act on the pressure you put on yourself.
6. You will plan because you know that dreams and purposes in life require organization.
7. You will design strategies to reach goals and maximize your resources.
8. You will have your eyes set on your objective. Your decisiveness and determination will ensure your advancement.
9. You will love challenges. You will find that challenges stimulate creative thinking, teamwork and an overcoming attitude.

## **Steps to Follow**

1. Be proactive, not reactive. Choose and learn to face life under pressure and not under stress.

# Action Plan for

# PRESSURE



Look ahead and be alert to what may come. Learn to prevent disaster, avoid bottlenecks and to limit the last minute requests. To maintain high standards, there has to be excellent planning. Enjoy the adrenaline that comes with bigger challenges.

2. Aim to excel. Don't be satisfied with the status quo. People that make a difference are people who make things happen. They believe achieving the goal is more important than the cost or the pressure required to bring it to pass.
3. See things as they could be and not as they are. If you look at a situation and only see the situation, it will remain as it is. If you are looking for possibilities, you will find it. Don't passively accept your circumstances. You are a creative person. Keep your mind awake by proactively looking for new ways of doing things.
4. Pay the price to live under pressure. Stop being a spectator and become the protagonist of your life. Pressure comes with a price but understand that without pressure there won't be any progress.
5. Don't close your mind to the future. Without dreams and motivations, there is no initiative. Your mind will be activated through exploring, dreaming and looking ahead. When you attain these things, your mind will encourage you to continue. It is a self-sustaining cycle.

No one is a born leader. Most of us have the potential, but only a few will pay the price or live under the pressure. Good leaders take risks, causing pressure. They are willing to handle the problems which are in the way of their goals or

destiny. They are driven by desire and see problems as hurdles, not walls. To them life is a game of overcoming and pressure is accepted as part of winning. They know that without a challenge there is no achievement and without pressure there is no progress.

***Remember... Thoughts become actions. Actions become habits. Habits become our destiny.***

## Reflect and respond

Do you have the tendency to be proactive or reactive? Why?

Which kind of pressure is positive for you?

When has stress exhausted you?

Evaluate yourself from 1 to 10	1	2	3	4	5	6	7	8	9	10
Why did you give yourself this rating										
What benefits will you obtain by raising your rating?										
What specific action can you put into practice to test the benefits of this principle?										
Check list for the daily reading of this principle	M	T	W	T	F	S	S			

Completed

Not completed