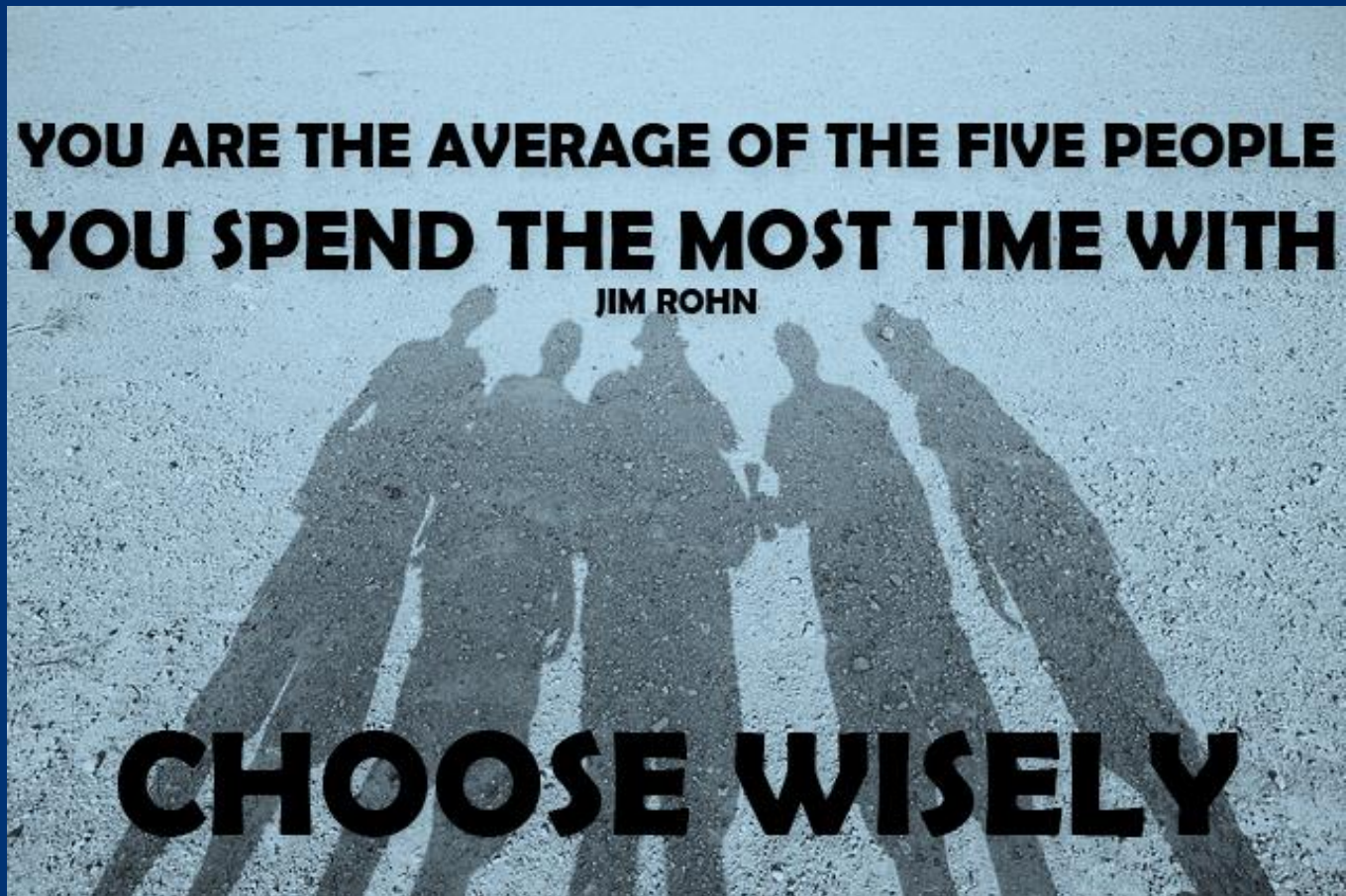




Who Do We Surround Ourselves With?

Do We Surround Ourselves with People Who Hold Us to a Higher Standard Than We Hold Ourselves?





Who Do We Surround Ourselves With?

You cannot hang out with negative people and expect to live a positive life. ”

Quotes & Thoughts



Who Do We Surround Ourselves With?

- If we are not making the progress that we want, take a look around us.
- Most people adapt to whatever environment they find themselves.
- They have what psychologists call an “external locus of control,” where they believe factors outside of them dictate the direction of their work.
- Thus, they live reactively to whatever work throws at them.



Locus of Control

Which Is Us?

**External Locus
of Control**

**Internal Locus
of Control**



Outcomes outside your control – determined by “fate” and independent of your hard work or decisions.

Outcomes within your control – determined by your hard work, attributes, or decisions.



Locus of Control Which Is Us?

LOCUS OF CONTROL - YOUR PERSONALITY SNAPSHOT

EXTERNAL

- ▶ Believe success or failure is a result of luck, chance, fate, or powerful others
- ▶ Tends to be negative, gives up easily, not try too hard
- ▶ Will not initiate contact or attempt to repair damage relationships
- ▶ Work better when pace is automated
- ▶ Feels victimized by illness & stress and take less preventive action
- ▶ Correlated with emotional instability, anxiety, neuroticism
- ▶ Feel more anger & perceive others to be less friendly

INTERNAL

- ▶ Believe they have control of personal successes and failures
- ▶ Do better in jobs where they can set their own pace
- ▶ More health conscious and seek medical attention when needed
- ▶ Less prone to stress-related illnesses, anxiety or depression
- ▶ High achievement and expects to perform well
- ▶ More independent, achieving and dominant



Who Do We Surround Ourselves With?

- Who are the people in nearest proximity to us? How did they become our peer group?
- Was it on purpose or based on convenience? Do these people hold us to a high standard? Or, do they hold us to an even lower standard than we hold ourselves?
- We must surround ourselves with people who have higher standards than we individually do.
- Our work is a reflection of our standards, or what we are willing to tolerate.
- Many people are willing to tolerate unhealthy relationships, poor performance, and jobs they are not suited for. If not, those things wouldn't be tolerated.

THE KEY TO
SUCCESS
IS KEEPING COMPANY
with people who
UPLIFT YOU
WHOSE PRESENCE
CALLS FORTH
YOUR BEST.

-Taken from the Words of Epictetus

www.bethhaidesigns.com



Who Do We Surround Ourselves With?

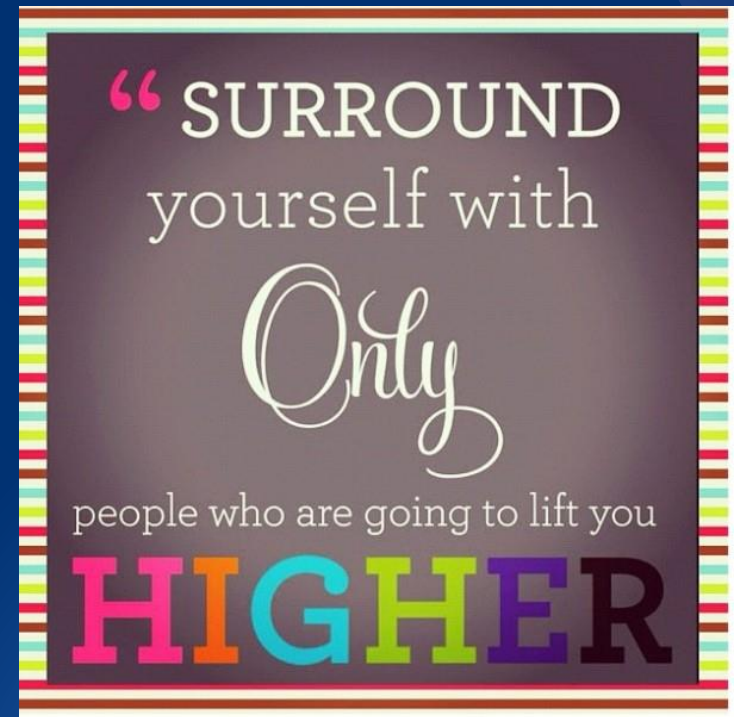
Surround yourself with people that reflect who you want to be and how you want to feel, energies are contagious.

SURROUND YOURSELF WITH
PEOPLE WHO PUSH YOU
WHO CHALLENGE YOU
WHO MAKE YOU LAUGH
WHO MAKE YOU BETTER
WHO MAKE YOU HAPPY.



Who Do We Surround Ourselves With?

- We've been around people who, simply by being around them, elevated our thinking and energy. Those are the kinds of people we need to surround ourselves with.
- The quality of our life and the quality of our work is determined by the standards we have for ourselves, and the standards of those around us. If we are fine doing mediocre work, than those around us are as well.





Who Do We Surround Ourselves With?



- Let's hold ourselves to a higher standard than we currently hold ourselves. We want to be around people that we can learn from and grow professionally.
- Our level of talent and “potential” are irrelevant if we are surrounded by people who don't help us realize it.
- **As a leader, that is our responsibility.**



Who Do We Surround Ourselves With?

Let's Build a Team That Holds ALL of Us to a Higher Standard Than We Hold for Ourselves!

