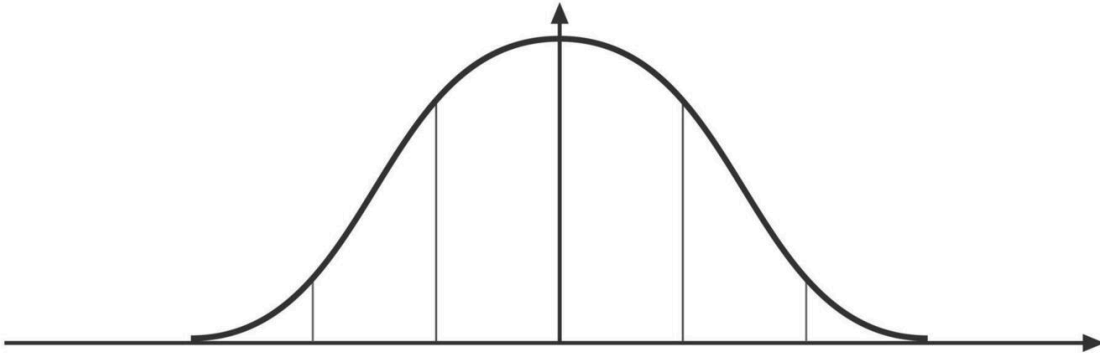


# The Bell Curve Rings True



In the corporate world, all of us are living in the bell curve, it is our reality. Sometimes it's the foreground, other times, it's the background. I'm suggesting you move it into your present moment of **now**. Become aware of which part of the bell curve you're executing in.

To thrive in our lives, we want to be operating out of the top 20% channel. When we are operating out of the middle 60% or the bottom 20% channel, our job is to recognize it and move back to being in the top 20%. It's the act of being conscious and knowing which channel will maximize your time and results.

Use the bell curve chart below as a guide. Add your own descriptive behaviors to each channel. Practice being present and act accordingly to the bell curve channel you want to be in.

## The Bell Curve Channel Descriptions:

**TOP 20%** - You're at the top of your game. You're in a proactive state of flow. You're firing on all cylinders. Flawless execution is consistently happening from the great decisions you're making. The entire world has slowed down; you see it with objectivity and truthfulness. You're able to play chess while others around you are playing checkers. You want more hours in your day.

**MIDDLE 60%** - Your work ethic is excellent. Your work is good, very dependable. You're in the game. You do not rock the boat. You're happy it's Friday.

**BOTTOM 20%** - Generally not happy. Mood is low, so your energy is low. Excuses and finger-pointing identify these people. Work is hard and difficult. You can't wait to retire.

**Bell Curve Chart of Channels:**

TOP 20%	MIDDLE 60%	BOTTOM 20%
<ul style="list-style-type: none"><li>- Positive attitude</li><li>- Vision</li><li>- Confident</li><li>- Strategic</li><li>- Creative</li><li>- Belief in self</li><li>- Embrace change</li><li>- Adjusts</li><li>- Excellent decision maker</li><li>- Accountable</li><li>- Can do attitude</li><li>- Gets results</li><li>- Loves challenges</li></ul>	<ul style="list-style-type: none"><li>- Hard working</li><li>- Dependable</li><li>- Gets things done</li><li>- Stays in comfort zone</li><li>- Competent</li><li>- Follower</li><li>- Complacent</li><li>- Fears failing</li><li>- Flies under the radar</li><li>- Task-oriented</li><li>- Reactive</li><li>- Team player</li><li>- Passive</li></ul>	<ul style="list-style-type: none"><li>- Negative attitude</li><li>- Lacks confidence</li><li>- Closed-minded</li><li>- Focuses on wrong things</li><li>- Victim, excuses</li><li>- Scattered</li><li>- Resistant to change</li><li>- Lacks energy</li><li>- Lives in the past</li><li>- Not engaged</li><li>- Keeps information to themselves</li><li>- Unwilling to learn</li></ul>

**We always get to choose where we stay. Choose to be your best. Recover now.**

The above statement is so true. As you navigate through your day/life, you will never be in one channel all day. The trick is to be conscious of what channel you're in and make the decision to stay there or move to another channel.

It's like being an airplane pilot. You're going from one coast to the other. Your flight plan is locked and loaded, but the plan needs you, as the captain, to be in the present moment of now to make all the correct decisions and necessary adjustments to get your passengers to their destination safe and sound. This is your day: the entire flight. Piloting your life will be exactly what you created and programmed as your flight plan, and the proactive, strategic adjustments you make throughout your life.

Summar, Alex, and I encourage you to let go and enjoy your summer.

**Remember: the more you are you, the more you will do!**