

HPCG High-Performance Coaching Newsletter #10, Ralf Wolter



High-Performance
Consulting & Coaching
Group (HPCG®)

Dear Reader,

5 years ago I started a new journey: running my own business. In retrospective, it often felt like a roller coaster ride, or a motorbike tour on a winding mountain pass road. I also noticed that some of you prefer really short newsletters, so you can now choose between 5 words, 5 sentences, or 5 quotes to summarize what I learned.



5 Words: Stay hungry, foolish, curious, focused!

5 Sentences:

1. Find and follow your dream. Where is your passion? From which activities do you gain energy?
2. Balance risk: be flexible, develop alternatives (plan B, C, D) and stay curious - because every day offers a new opportunity.
3. Work hard - ideally with a partner or a team. Never give up!
4. Hold yourself accountable - develop success metrics and a basic reporting tool.
5. Celebrate success - at every major milestone you reach towards your goal.

5 Quotes:

1. Find your passion: "And suddenly you know: it's time to start something new and trust the magic of beginnings." ~ Meister Eckhart, philosopher
2. Determine your direction and speed: "If you want to go fast, go alone. If you want to go far, go together." ~ Robin Jones Gunn, author
3. Start moving: "If anyone on the verge of action should judge himself according to the outcome, he would never begin. Even though the result may gladden the whole world, that cannot help the hero; for he knows the result only when the whole thing is over, and that is not how he became a hero, but by virtue of the fact that he began."
~ Søren Kierkegaard, philosopher
4. Don't be afraid to be different: "If you're a truly creative person, you know that feeling insecure and lonely is par for the course. You can't have it both ways: You can't be creative, and conform too. You have to recognize that what makes you different also makes you creative." ~ Arno Penzias, Nobel Prize winner for physics
5. Endless opportunities: „Each day is a new beginning. I know that the only way to live my life is to try to do what is right, to take the long view, to give of my best in all that the day brings, and to put my trust in God.“ ~ Queen Elizabeth II

Have a nice weekend!

And if you need to work during the weekend, make sure that it is fulfilling.

Best regards,

Ralf Wolter

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