

## *HPCG High-Performance Coaching* Newsletter #21, Ralf Wolter



Dear Reader,

today's thoughts are brought to you by Super Mario: "Get to the next Level".

You might remember the scene where he is busy fighting his final enemy, Bowser. Everyone who has played video games knows the struggle - you have to play the same level over and over again until you finally defeat the enemy. If you fail, it simply starts again. Super Mario will be confronted with Bowser until he successfully defeats him.

Unfortunately, this principle isn't limited to video games. In life, we are confronted with a problem time and time again until we understand how to overcome it. Sometimes, these reoccurring challenges are "embodied" in the form of a human: people we wish to avoid. Deliberately difficult co-workers, dictatorial bosses, grumpy service providers, slowly crawling cars in front of us, parents-in-law, etc. The list is endless and looks different for everyone. As my previous newsletter suggested: don't waste your time on what you cannot change. Instead, embrace the opportunities that each of these people present to you.

*Everyone you meet offers an opportunity for you! Some will:*

- *train your patience*
- *train your tolerance*
- *train your ability to take criticism*
- *train your ability to defend yourself*

*In addition, consider these as an opportunity to look after and treat yourself well. Challenging people will foster your talents and serve as a role model for growth.*

Here are **6 concrete steps** to "get to the next level":

**1. Reduce your stress level.**

Perform sports, walk your dog, play a video game, watch a movie – whatever helps you to calm down is a good start. Don't act at "high adrenalin level".

**2. Analyze what happened by separating emotions from facts.**

This is much easier said than done, it could help to discuss the situation with a friend to clearly see both sides of the coin.

**3. Once you have the facts straight, take a look at your emotions.**

Ask yourself: "What made me so angry?" Acknowledge your feelings and be aware: our strong reactions towards others are often linked to hurts from the past. Which burden do you carry that stands in the way of your peace and happiness?

4. **Learn the lesson: use the triggers you identified to develop your character.** Attending self-discovery workshops is one way of getting there; using difficult people to help you reach “the next level” is a free-of-charge alternative 😊.
5. **Forgive the other person and then get on with it.**  
Learn to leave your ego behind. Forgiveness is never a justification of someone else’s misbehavior. It is often more about you letting go of that stronghold of anger than about the other person. The result: their actions no longer get in the way of your wellbeing.
6. **If appropriate, talk to the other person.**  
Doing this after your self-reflection allows the conversation to be constructive and come from a place of self-awareness, instead of being an uncontrolled emotional outburst of anger.

Just like Super Mario, you will most probably not be able to avoid challenging situations while moving your life forward. However, there is no need for fighting the same fights over and over again - instead, learn to be in control.

And who knows what’s awaiting you at the next level?  
Mario at least has found Princess Peach after defeating Bowser 😊.

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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