

# The Heroes Circle Grounding



## **Come from Excellence:**

“Be Inspired. Be Prepared.”

Context for impeccable performance: I look inside myself, and inquire into these main areas for solitude and resolve before beginning any journey:

Purpose, Alignment, Relating, Support (PARS)

- Purpose – “What’s my Purpose and Passion for this journey?”
- Aligned – “How can I demonstrate walking my talk?”
- Relatable – “How can others see themselves in me?”
- Support – “Who am I to support; how can I support best?”

**Purpose** – I remember WHY I am there. I don’t just take it for granted, but seriously ask myself the question to my heart. I make it real for me right now in my current set of circumstances. What Matters to me Now? (For instance, “Love, Family, Community, Money, etc.”). Having a clear target as a guiding light is a must for great powerful energy. It is a life force that influences the way I connect with people and influence my environment.

**Aligned** – I clean up my life first. Family relations intact, current on my affairs, and a healthy living space invigorates me. I get rid of any distractions. It makes me feel complete and OK to be taking on my journey, and to have power in doing so. Makes me feel like I got my act together and that I am walking my talk. People can sense my synergy and alignment. It generates trust, which is essential to influencing people and for leadership.

**Relatable** – I get focused on engaging! I get clear that I want to walk in other people’s shoes and step into their worlds. I develop the agility to shift in and out of other people’s worldviews by not carrying any extra baggage of my own. That makes me available for empathy, compassion, and collaboration. This is, indeed, a resource I can leverage in times of need. I turn on my listening ability. I listen to others’ concerns, and I listen for “what wants to happen”. I empower what is being called forth that is of benefit to all concerned.

**Support** – I know that if I just discover what’s wanted and needed by others, and provide it, I will always be needed and wanted. Therefore, I ask myself, “Who am I to serve? How can I be there for the other person?” I ask them, “What business are you in? How can I support you?” These simple reflections and actions will work in any environment. Add them into any operating principles or values and they super-charge your performance.

## Practices for High Performance:

I created myself a set of practices that work for me to be my best.

- Nourish yourself with what you love or feel good about.
- Stretch and relax so you can move in an easy and free manner.
- Set your intention and decide how I want to start.
- Visualize your day.
- Meditate in a simple way at least 10 minutes a day
- Make eye contact.
- Practice speaking to be heard clearly.

~ Dr. Ray Blanchard – Personal Notes ~