KATE STRONG.

8 HIGH QUALITY QUESTIONS HIGH ACHIEVERS ASK THEMSELVES.
Ever wondered what’s holding you back from achieving what you want to? These questions are very powerful in helping you understand the difference between living an ordinary life and being extra-ordinary.

It’s no accident that high-performing people consistently achieve success.

Individuals who stand up and reach for something greater than the masses share something in common. And we can mirror this in our own actions and behaviours.

My intention with this book is to empower you with the high-quality questions high achievers ask themselves when they want to step up and create massive change in their own lives.
WHY IS THIS BOOK DIFFERENT?
There are thousands of ‘how to be successful’ tips, blogs and courses out there, yet I personally feel that the vast majority are missing three key elements:

**1. THEY ARE GENERIC.**

You are unique so why are you following generic information and material. The generic information doesn’t take into account your current situation. It doesn’t know you work 12-hour shifts, or have a school-run every day.

They assume you have ample time and money to completely change your daily habits around to match what they’re suggesting.

You are uniquely you, and this needs to be honoured and respected.

A ‘one size fits all’ approach does not work for the vast majority. This approach doesn’t allow you to personalise and adapt the structure to meet your current situation.
2. THEY ARE DIS-EMPOWERING.

I believe that intuitively you know what’s best for you, and what you need to do in order to achieve the results and lifestyle you desire.

You don’t need more knowledge, or examples of what a ‘successful life’ looks like, what you need are high quality questions that empower you to find the answers yourself.

By giving you a ‘done for you’ plan, there is no space to let you use your personal strengths.

3. THEY WEREN’T WRITTEN BY A HIGH-ACHIEVER.

If you wanted to learn to drive, would you take advice from someone who didn’t drive a car? NO! So, why do we seek out advice from people about performance, success and achieving greatness in our life from people who have only studied the theory.

Yes, it’s good to deepen out knowledge through understanding the reasons behind why certain actions work, but it has to go hand-in-hand with the application of that knowledge too.
WHY READ FURTHER?
I wrote this book to share with you the top questions high-achievers ask themselves regularly and, I am one of those high achievers.

I’ve reached the top 1% in many areas of my life: AG World Champion in Triathlon, Reiki Master, Aerospace Engineer, Investor, International Speaker... And thanks to my personal successes, I’ve had the pleasure in meeting other high-achievers from politicians to philanthropists and billionaires to olympians.

I’ve also had conversations with people striving to be their best away from the eyes of the public. People who are great parents, partners and achieving enlightenment along their spiritual journey.

Being a high-achiever means something very different to everyone.

For me, a high-achiever is someone who strives for greatness and also means we enjoy the present moment and the everyday pleasures we experience along the way to accomplishing our goals.

This book lets you strive for more tomorrow without sacrificing today.
8 QUESTIONS TO TAKE YOU TO THE NEXT LEVEL.
Regardless if you have come across the questions below before or not, the power of these questions lies in you digging deep and being authentically honest.

The more you give in these answers, the more impact you will see in your life.

**QUESTION 1: WHAT ARE YOUR MEASURES OF SUCCESS?**

This may vary for different areas of life, so you may have multiple answers. For your relationship, you may answer “To support and feel supported and to unconditionally love my partner”.

For your business, you may state a financial figure or the number of hours you work a day. For spirituality, you may measure your success by your mental health and knowing you make time every day to meditate or pray. You might also have a target for your voice - your message - to be heard by a million people!

Regardless of how ‘big’ you want to grow, every high achiever knows what they want to accomplish and how they will measure their progress in the areas that matter to them.
QUESTION 2: WHAT ARE YOU AFRAID OF? AND WHAT ARE YOU DOING TO OVERCOME THIS?

We all have things that scare us. And, when we overcome one fear, or limiting belief posing as a fear, another one invariably pops up as we continue to grow. It’s like peeling an onion: We remove the outer layer only to discover there’s another layer underneath.

The action that separates high achievers from the others is that they embrace and actively seek out their fears. Once you know what is preventing you from moving forward, you can then do something about it.
QUESTION 3: WHO DO YOU SEE AS RESPONSIBLE FOR YOUR FUTURE?

Your immediate response may be “Me, of course!”, yet reflect on this question. Do you see yourself as 100% responsible for all areas of your life? Or, have you caught yourself delegating power to other people (your boss, your partner, your kids...), to other entities (the government, the law...) or to your situation (your upbringing, your culture...)?

High achievers hold an unwavering belief that their future, and their success, lies 100% within themselves. Yes, external situations do influence their actions, but these events or people do not control their destiny and how they turn up every single day.
QUESTION 4: WHEN DID YOU LAST TAKE MASSIVE ACTION?

I have no doubt that you have done something amazing in your past. There was an occasion when you stepped up and away from the norm and took massive action.

This might have been to stand up to a bully in school, given a presentation in work, said “I love you” to someone when you still were unsure if they would reciprocate, gone for that run in the cold & dark when you really didn’t want to...

This massive action was when you stopped feeding the voice in your head saying “stay comfortable”, “don’t rock the boat” or “why bother” and chose to do something that made you feel proud of yourself.

What did you say to yourself to step up and take that action? Look back at that moment (or moments) and notice what was present: What motivated you to do what you did?

This is your key to unlocking consistent action in your life to become a high-achiever.
QUESTION 5: WHERE DO YOU NEED TO UPSKILL? AND, WHAT ARE YOU DOING ABOUT IT?

High achievers take time to celebrate their accomplishments regularly. They also take time to reflect on what other tools, skills and resources they need to improve to keep improving.

Success isn’t a place you get to once, success is a way of being and of living. Take time on a weekly basis to discover how you can keep improving. What could you do better, or more of to allow you to keep growing and moving forward?
**QUESTION 6: WHAT CREATES FRICTION AND CONFLICT IN YOUR DAY? AND, WHAT HAVE YOU GOT IN PLACE TO GET OUT OF THIS ZONE QUICKLY?**

Every person has ‘triggers’ or ‘buttons’ that distress us and put us in an angry, stressed or anxious state. These buttons may have been created from past experiences, or attached to a certain phrase that leaves us feeling negative.

High Achievers aren’t immune to moments of negativity and self-doubt. High achievers learn how to move away from this negative emotional state quickly so the spiral of a bad moment becomes a bad day or a bad week. In addition to working through these ‘trigger buttons’, learn how you can move away from the negative spiral if and when you find ourselves there.

Some people may need a moment alone to compose thoughts, others need to journal their thoughts down, or go for a brisk walk. Some people also re-read a list of things they’re grateful for in their life, or their purpose - why they’re doing what they’re doing.

Recall back to a moment when you effectively stepped out of the negative spiral; what worked for you? And how can you ensure this is present for you moving forward?
QUESTION 7: WHO IS WATCHING YOUR BACK AND YOUR BLIND SPOTS?

We can only see what we know about. Every high achiever I’ve met has got someone in their life who is watching their blind spot; the area that we cannot see about ourselves.

This person may be your business partner, your lover, a mentor, a coach or a friend. Whoever you have in your life, ensure they feel comfortable to share what they see is holding you back, as well as skills you may not be using to the best of your advantage.

Just like the name suggests, we can’t see what is in our blind spots, and we may be potentially heading towards a fall - or missing out on a massive opportunity - by not enrolling someone to support us here.
QUESTION 8: WHAT VALUES ARE MOST IMPORTANT TO YOU?

High achievers who maintain a consistent level of success ensure that every action they take is in alignment with their values.

Regardless if you see these people at work, at home, at the gym or in a spiritual centre, they still maintain the same values in all these areas.

One value that is consistent with all high-achievers is **integrity**. Do what you said you’d do: For yourself and for others. What values drive your actions? What values would you like to embed in your life?
If you’ve answered these 8 questions, you’re one step closer to being a consistent high-achiever in the areas of life that matter to you.

Ensure you embed these questions - and your answers - into your daily actions and way of thinking.

You are your greatest asset to accomplishing what you want in your life. The only thing stopping you is, well, you!
ABOUT KATE STRONG.
I believe that everyone can thrive in life and we are living in a world where we live without a glass ceiling holding us back from our potential. This ‘glass ceiling’ is present everywhere; in our relationships, in our work, in our lives.

I know that there is a different way for us to operate, without compromising and settling for less than what we truly want.

And, I’ve backed my belief up with action in my own life at first, and then reaching out to help empower others as a coach and consultant.

We all intuitively know that it is possible for us to ‘have it all’ – that we can thrive in life, not merely exist and ‘put up with’ the mundane.

In my 40+ years on this planet, I’ve done some pretty amazing things. From philanthropic work in Latin America – setting up micro enterprises for the indigenous to representing my country in triathlon and being Number One in the World in 2014. I’ve found my spiritual self and trained as a Reiki Master, as well as created financially successful businesses.

I don’t compromise one area of my life. I truly believe we can strive for all we want – and maximising our positive impact on others as we do.
WHO KATE WORKS WITH.
I work with individuals who want to step away from what is reasonable and strive to achieve great things in their life. This may be to develop a profitable and purpose-driven business, or it may be to design a life that they enjoy today while also leaving a legacy for others in the future.

I work closely with my clients to ensure the business model works for the lifestyle and goals they want to accomplish. We then create a blueprint for Strong Success, focusing on my six values; Sustainable, Transformational, Relational, Open, Nurturing and Goal-focused.

Once the 'action' part of the journey is established, we delve into your belief-structures. This foundational work is critical to ensure sustainable and enjoyable growth. Sometimes, the missing part of our journey’s success isn’t the next bit of knowledge, it’s letting go of something from our past that is still affecting us. We need to upgrade our beliefs to serve us as we evolve and grow.

What I assure my clients is they are completely supported as they embark on their physical and their mental growth.
CONNECT WITH KATE.
I want to hear from you. If you are ready to unlock your potential and are curious how working with me could help you achieve this, please get in touch.

Regardless of where you are on your journey; if you're in concept phase, struggling with some obstacles and need a little guidance in how to effectively overcome them, or seeking a catalyst to accelerate you to your success that feels just out of reach, I can help.

You can send me an email:  
Kate@katestrong.co

Or you can book a call with me:  
www.calendly.com/kate-strong/15min

The one thing every High Achiever has in common is that they dare to do something differently. Today is your opportunity to break your usual pattern and do something today that will design a different future.

To your success,

Kate Strong