

BY DR. AIMÉE V. SANCHEZ

An International Bestseller

**3 HIDDEN TRAPS HIGH  
PERFORMING ACHIEVERS FACE  
DURING WORK & LIFE  
ROADBLOCKS: I GET IT, I KNOW  
YOU... I AM YOU!**



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# ABOUT THE AUTHOR

*Dr. Sanchez is a Psychologist, and Certified John Maxwell Team Executive Coach, Speaker, and Trainer who has specialized in Neuropsychology and Organizational/ Business consulting for over 17 years. The Organizational Consulting & Leadership Development component of her practice is devoted to a holistic transformational approach to leadership.*

*Currently, she specializes in Executive & Success Coaching and Business Transformation. Her expertise extends to use of Neuro-linguistic Programming (NLP), Psychology, and evidenced-based practices to help individuals and teams develop and implement strategies that will enhance their personal and professional effectiveness. She also works with Organizations to help create breakthroughs and align their teams with the company's core values, mission, and goals to achieve success.*

# ABOUT THE AUTHOR CONT'D

*Dr. Sanchez is also a motivational speaker and author of the Best Selling book, Disrupt the Status Quo: Living and Leading from Your Success Zone released in 2017.*

*In addition, she is an honoured member of the National Association of Experts, Writers and Speakers. Today, Dr. Sanchez is also currently collaborating with Best Selling Author Jack Canfield- the #1 Success Coach in America, having contributed a chapter to his book Success Starts Today.*

*She received accolades for her contribution having received an Editor's choice award. The book is expected to be released in March 2018.*

*Dr. Sanchez resides with her husband and their two children in California. In her spare time she enjoys travel, singing, listening to music, and spending time with her family.*



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**IT WASN'T TOO LONG AGO THAT...**

*I found myself overworked, overwhelmed and exhausted. Each day I discovered that I had too many tasks and too little time. While working as a Managing Executive in a high-performance corporate culture I realized that after decades of living and working at breakneck speed that the pace had taken a toll on both my personal and professional life.*

*The long hours, lack of vacations, expanding job duties, and diminishing social and recreational outlets left me feeling somewhat destabilized and out of balance. The imbalance also presented additional challenges in my personal life and created feelings of disconnect and lack of centeredness in my overall life goals.*

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**"It was clear,  
I was at an  
impasse, and  
something  
needed to  
change... But  
what and  
how?" ...**

As a high performing achiever, you will encounter obstacles and trials that may cause you to take an inventory of your personal and professional goals.

**Realize this... Roadblocks, pitfalls, tests, and challenges** represent the natural progression of the career of the high-performing achiever. The hurdles on the path to success serve to generate and develop the strength, resilience, and determination necessary for the high-performing achiever to pursue goals, exceed expectations, and achieve higher than the average professional in your field or area of expertise. The character building process is wrought with hidden traps and pitfalls, but the true high-performing achiever will overcome these challenges and undergo a transformation into a wiser and more competent individual, and more prepared than ever for what the future holds. Below are **three** common traps that high performing achievers experience as part of their unofficial, but critical training to becoming the unique, select group of individuals who enjoy the highest of professional success.

# Imposter Syndrome

*Imposter syndrome is a state of doubt where the individual questions their competence, skills, and abilities to perform the job and maintain their high level of productivity. Imposter syndrome is very common among high performing achievers who continuously aim to set goals and exceed personally established expectations. The stress that can result from the energy and effort put forth by high achievers can lead to periods where the individual questions whether they have what it takes to fulfill their duties and be successful. A key characteristic of imposter syndrome is the professional's feeling that they will be exposed and bound to suffer the humiliation of others realizing that they are a 'fraud.' These individuals not only have high expectations of themselves, but they also seek to express a level of competency among their peers, which can contribute to greater self-inflicted demands and stress.*



## **How to avoid falling into the trap:**

*Participating in activities outside of work to keep stress levels down is often the best way to prevent imposter syndrome since the culprit is often excess work-related pressure and lack of work-life balance. In addition to keeping stress at bay, it is important for high-performing achievers to celebrate achievements and accomplishments, both big and small, in order to strengthen their self-esteem and self-confidence and acknowledge their hard earned achievements. This will help the professional to continuously remember that their competence and ability is what has led them to success.*

# Busy and Unproductive

*Most high performing achievers go through periods of professional disarray, where they tirelessly work long hours but feel unproductive and unaccomplished. Circumstances such as distractions in the workplace or personal life can contribute to lower productivity; however, these feelings can also occur during times where there is a lull in results, which may be unrelated to the professional's actual output and effort. When professionals do not see the fruits of their labor, they may feel like they are not doing enough or performing to the best of their ability. High performing achievers derive their motivation from results so an absence of this can be distressing and cause individuals to become frustrated and overwork themselves.*

## **How to avoid falling into the trap:**

*It is important to understand that some of the greatest periods of productivity and opportunity for advancement are the times where there is less goal accomplishment (i.e., results). These periods allow one to reflect, use their creativity and develop innovative ideas. Rather than becoming discouraged, the efficient professional should make the most of this time to participate in training or research, organize ideas and goals, and prepare for their next challenge.*

# Need for Balance

*Maintaining work-life balance is often an illusory idea for many high-performing achievers. Many professionals place much pressure on themselves to tend to the duties of their job while trying to maintain some semblance of a healthy personal and family life. This leaves many individuals feeling unaccomplished since their success typically comes with a price: They must often sacrifice time spent in other important areas of their lives.*



## **How to avoid falling into the trap:**

*Finding work-life balance starts with developing a realistic idea of what this balance means to the professional. It is common for high performing achievers to hold unrealistic ideals about work-life balance that simply do not fit with their schedule and lifestyle. Instead, professionals should focus on achieving this balance by taking small steps towards achieving balance and incorporating simple and time conscious strategies to tend to personal and family time. When this strategy is employed, many professionals find that the resulting reduction in stress directly affects their ability to incorporate more work-life balance activities and this, in turn, positively influences their work performance.*

# So the moral of the story is...

*Remain true to yourself, and success will follow. I know for myself, the improvement in my personal and professional life came about as a part of my desire to seek the balance that was unique for my individual situation. But, also the decision to take control of my situation rather than being controlled by the situation helped me to prioritize what were ultimately the most important aspects of my life. If you are a high performing achiever and would like to learn more about how to maintain sustainable balance in both your personal and professional life, please take a moment to **Connect with Dr. Sanchez***

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