

The BOLD MOVES brief

EPISODE 22: From Career Impact to Securing Recognition

THE CORE TRUTH

Excellence isn't luck; it's disciplined choices repeated under pressure.

Curiosity opens doors; compassion keeps them open.

The bold move is to say yes before you're ready - then earn it with habits, energy control, and evidence of impact.

KEY TAKEAWAYS

- Excellence > Perfection. Do work you're proud of; tighten edges; keep moving.
- Imposter = Stretch Signal. That wobble means you're growing - treat it like training, not a red flag.
- Protect the Energy. Elite-sport rule: don't leak your bad day onto the team; performance follows atmosphere.
- Zigzags Compound. Range becomes authority.
- Reputation = Outcomes + Care. People remember what moved and how you handled the messy middle.

ACTION MOVES TO TRY

- **Say Yes, Then Scaffold.** Commit to one left-field opportunity this month. Book a 20-min "how to not screw this up" with a domain veteran.
- **Energy Gate.** When you're spiralling, set a 10-minute vent timer privately, reset, then re-enter neutral-to-positive.
- **Pre-Mortem the Flow.** Sketch your project as a system (inputs → constraints → outputs). Circle the likeliest fail point; add one preventative move this week.
- **Discipline Duo.** Install two anchors: start-of-day focus (3 priorities) and end-of-day "what actually moved?" check.
- **Excellence Bump.** Pick one deliverable and lift it one notch (proof, peer test, polish, complete).
- **Ask someone more experienced.** Remember most say yes - if you ask.

THINK
ABOUT HOW
YOU'RE
SHOWING
UP

CONVERSATION STARTER WITH YOUR BOSS

"I'm stretching into bigger work and want to make the impact visible. Could we line up one cross-team showcase or review slot where I present outcomes and lessons learned?"

ADD THIS TO YOUR BOLD MOVES BANK

- **System Map on a Page.** Draw your current initiative as flows; bookmark the two biggest friction points and schedule pre-emptive fixes.
- **Visibility Habit.** Fortnightly 'What's Moving' note to stakeholders: 3 bullets - result, insight, next test.
- **Energy Audit.** List your top 3 leak triggers and the reset you'll use for each (e.g. walk, script, timer).