

The BOLD MOVES brief

EPISODE 23: The Discipline of Excellence - Pride, Power & Performance

THE CORE TRUTH

Perfection burns energy avoiding failure whereas excellence channels energy into learning faster.

Excellence isn't about doing more; it's about doing it properly. It's pride-driven, not praise-driven.

Discipline keeps the engine running when motivation has left the chat.

And energy? That's your state, your broadcast, your impact.

KEY TAKEAWAYS

- Perfection is about you. Excellence is about the work.
- Pride is an internal driver - the quiet satisfaction of showing up well, even when no one sees it.
- Discipline isn't grind; it's structure that protects focus and fuel.
- Energy leaks are contagious. Plug them fast and calm is a performance edge.
- You can change your state in seconds - intentional thought shifts your physiology and outcomes.

ACTION MOVES TO TRY

1. The Visibility Translator

Take one update from effort → outcome:

"We [changed X], which [reduced/increased Y], so [stakeholder] can [do Z sooner/safer/cheaper]."

Then decide two people who need to hear it this week.

2. The 1-1-1 Discipline Loop

1 x Craft Block: 45 mins of deep, high-value work daily.

1 x People Block: strengthen relationships daily.

1 x Weekly Reset: plan, reflect, recharge.

If it has to move, reschedule within 24 hours; not abandon.

3. The Leak Audit

After your next meeting, score 1-5 on calm clarity.

Write one better closing line for next time and send a two-line recap to keep people focused.

EXCELLENCE
OVER
EXCESS

CONVERSATION STARTER WITH YOUR BOSS

"I want to make sure I'm balancing delivery with energy - not just doing more, but doing what matters most. Can we review how my current goals align with outcomes that really move the needle?"

ADD THIS TO YOUR BOLD MOVES BANK

- Identify one moment this week where you'll choose excellence over perfection.
- Create a "Calm is Contagious" note near your workspace - visual cue to prime your state.
- Track your energy like a pro - what drains, what fuels, what's worth the cost.