Welcome to the July Life-Changing Leadership Blast! Last month, we talked about the levels of awareness and, specifically, the victim mentality and what the characteristics of that victim mentality look like. This month we want to step that one layer out and talk about the next level of awareness in the model that we use. The next level of awareness is called the Doing Mentality.

Most managers we work with will describe the Doing Mentality as head-down, long checklists. Some of the characteristics when I'm in that level of awareness is: I'm taking responsibility for the results I get, I'm starting to understand that if I do certain things, I will actually meet an objective or get to the goal that I want to get to.

We often, of course, then ask the other question and that is, “what are some of the risks of the Doing Mentality?” Certainly the Doing Mentality is a higher level of consciousness to the Victim Mentality but there are some challenges most managers would say. One of the things would be that when I get to the bottom of my list, there's often 10 or 12 more things on the list, I sometimes get tired of just doing all the time, head-down, accomplishing, checklists to get me to the end of the final result.

If we think in terms of high or optimal performance, one of the questions that we’re thinking about and reflecting on is, “if I'm in that Doing Mentality, is that where optimal performance actually happens?” When we get into August, we're going to talk about what the next layer out is or the next level of consciousness but for the month of July, give some thought to, “how often am I sitting in the Victim Mentality, how often am I sitting in that Doing Mentality and how am I using these levels of awareness to help me accomplish and to be the highest performer that I can be?” We look forward to chatting with you in August and until then, have a great July!