



10 Behaviors That Require Effort and ZERO Talent

This list has been adopted from articles circulated on-line about achievement at work.

They are a handful of behaviors that contribute to success anywhere, especially at Spotsmith – practiced consistently they will bring you respect.

Reading this article and giving it thought is a great way to prepare for a successful interview Spotsmith.

Being on Time

Punctuality is a keystone habit that requires organization and planning ahead—both of which lead to greater success.

Work Ethic

This is the discipline of showing up consistently and making the best decisions that lead to peak performance. Even at the pinnacle of his career, the late basketball superstar Kobe Bryant's work ethic was legendary. Kevin Durant recalls the message a veteran Kobe sent the younger players at Olympic Trials back in 2008, just after Durant's first year in the league. The players were

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Success is about consistency and follow-through. The skills to succeed are easily acquired through learning and practice.

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Work Ethic (Continued)

given a day off, but there was Kobe, the only veteran getting on the bus to go work out at a high school gym. “He made 50 shots at each spot around the 3-point line,” Durant recalls. “We just looked down there and said, man, he’s the best player in the league and he took a bus to a high school to get some work in. It’s that work ethic that Kobe embraced throughout his career to become one of the all-time greats. As Kobe said after getting drafted straight out of high school in 1996, “I don’t want (fans) to think I’m just a high school kid coming in here thinking the world owes me something. I’m going to go out there and I’m going to work.”

Effort

Few athletes worked as hard as major league pitcher John Smoltz, who is now in the Baseball Hall of Fame. As his agent, I saw him extend his career by years through sheer effort and commitment. He made up his mind to make changes along the way, like going from starter to closer, that kept him in the game as a valuable contributor to his team. Effort is a mindset as much as it is a behavior.

Body Language

How you move and express yourself around others shapes who you are and how you are perceived.

Energy

Everyone has energy to devote to a goal, and the decision of how much to give. Be conscious about where your energy goes.

Attitude

It’s up to you to keep going. No one else can decide that. A great attitude maximizes the talent that you do have and offsets what you lack.

Passion

Passion comes from a deep desire. When your desire and effort are aligned with your goals the passion comes naturally. You have to really want the success that you are working towards. Once you begin and keep going, the passion will grow.

Being Coachable

Anyone can become a better listener, learn from feedback, and embrace the success of others. Being Coachable is about cultivating curiosity. Ask questions and embrace the feedback.

Doing Extra

Go the extra mile. I saw it all the time with the athletes I worked with. The ones who sustained their success were the ones who consistently worked at their craft beyond what was required. That extra work and preparation fosters confidence. We can all learn from this approach and exceed our own expectations.

Being Prepared

If you don’t spend time preparing, then you’ll end up spending time repairing. Make preparing for your workday a habit, and you will make the most of your talent.