

The overachievers: the psychology for success



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The Overachievers: The Psychology for Success It is irrefutable that our mentality is often reflected in all the aspects of our lives. The way we think is mirrored on our actions, on our priorities, and our goals. It is also argued that an individual's performance is often influenced on how he thinks. In fact, experts argue that in order to change our performance, we should first modify our mentality.

The article by Hara Estroff Marano entitled " The Overachievers" describes the personality found in overachievers as related by the sports psychologist John Elliot. This article was published in *Psyched for Success* in December 10, 2004. The article portrays what an overachiever is and how he psyches himself for success.

According to Elliot, most people only settle for second-rate performance and are not able to utilize their own potential. These ordinary people are those who follow the typical prescriptions for success-relax; set goals; visualize; and remember a time and place when you are calm and successfully. He argues that in order to go over mediocrity, one need to think beyond what is normally perceived. According to him, in order to become an overachiever-someone in the state of exceptional performance-some should not think reasonably, sensibly, or rationally (Marano 2004).

Overachievers are exceptional. The author's advice is to " thrive under pressure-welcome pressure, enjoy it, and make it work for your advantage."

Contrary to what others people typically think, overachievers are not exempted from failures. Each individual has each own dose of catastrophe.

What differentiates overachievers from the rest is the way they handle pressure. Instead of being extremely discouraged, overachievers evaluate their weaknesses and are always working to turn their weaknesses to

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strengths.

Elliot also gave practical advices on how to revamp our mentality in order to excel exceptionally. He argues that overachievers work hard but also relax by enjoying their job. Contrary to widespread belief, overachievers they are not limited by preset goals. He also stated that overachievers don't delve on their past mistakes and failures but their memories are on their past successes. Stress also contributes to the excellent performance of overachievers. In Elliot's own words, stress is the " high level performers Power Bar. Another essential quality is being able to strongly influence other people. Overachievers working in a team will not be exceptional as they teach their colleagues to think the way they do. Lastly, these individuals do not limit what they can do and strives to be the best that they can be.

This article rests on the premise that overachievers are made and not born. Looking closely, it also assumes that behaviors and level of achievements are determined by mentality and not vice versa. This article made me realize that people could work their way to success. It also emphasizes that people are not limited to what they think they can achieve-people can do more. All we need is a modification of our mentality. If you want to be successful, we need to psyche ourselves to succeed. All in all, these highlights what mentality can do-beyond our imaginations, unthinkable.

Reference

Marano, H. E., (2004). The Overachievers. Psyched for Success. Retrieved 24 July 2006, from <http://www.psychologytoday.com/articles/pto-20041210-000001.html>