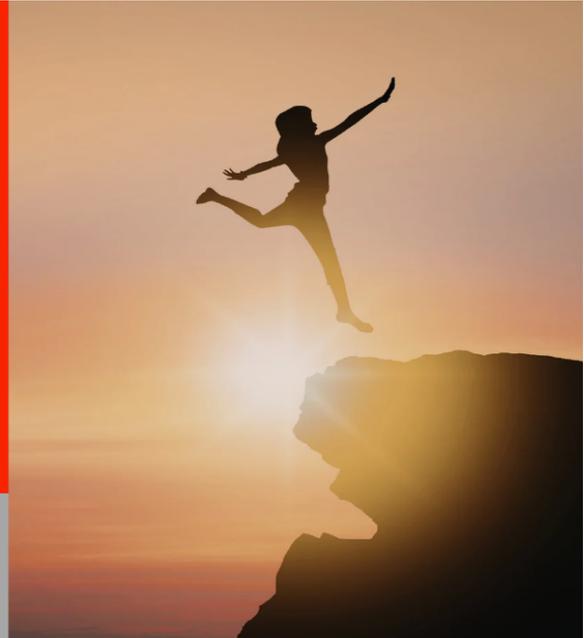
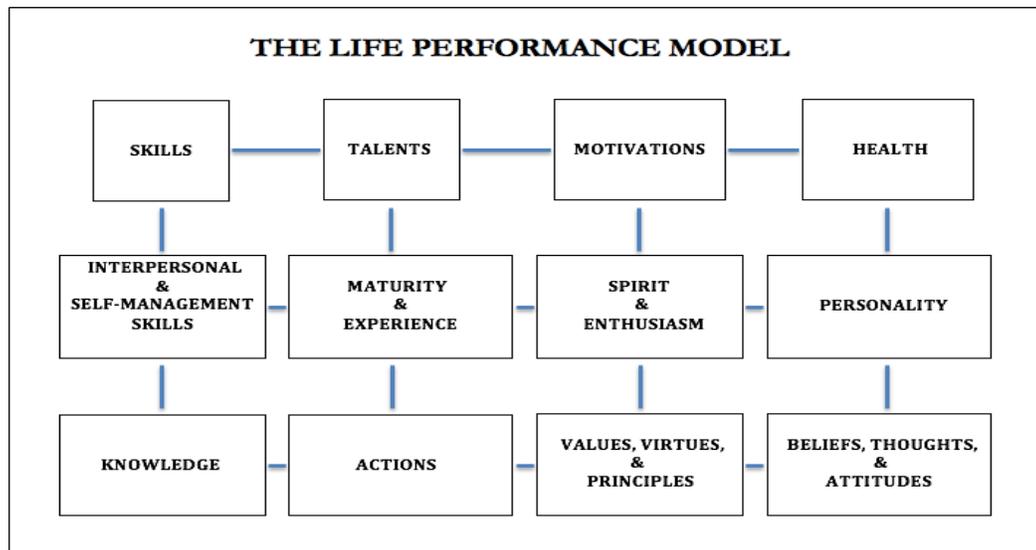


LIFE PERFORMANCE

EDWARD L. MYERS & TEAM ENTERPRISE



The Life Performance Model portrays human performance as the integrated result of four primary domains skills, talents, motivations, and health - supported by a second layer of interpersonal and self-management skills, maturity and experience, spirit and enthusiasm, and personality, all grounded in knowledge, actions, values/virtues/principles, and beliefs/thoughts/attitudes. Rather than treating success as a single trait, it presents it as a dynamic system in which inner life, capacities, and behaviors interact over time.



At the top of the model are skills, talents, motivations, and health. Skills represent learned abilities: technical competencies, communication, organization, and the practical capacities you develop through education and practice. Talents point to natural aptitudes - what comes easily,

whether analytical reasoning, artistic sense, or interpersonal ease. Motivations capture what drives a person: needs, interests, goals, and sources of meaning. Health encompasses physical well-being, energy, and basic fitness, which determine how reliably you can bring skills and talents to bear. Together, these four boxes describe the visible potential a person brings into any performance situation, from work to relationships to personal projects.

The second layer - interpersonal and self-management skills, maturity and experience, spirit and enthusiasm, and personality - illustrates how that potential is shaped and expressed. Interpersonal and self-management skills sit beneath skills, emphasizing that knowing *how* to do something is not enough; you must also manage yourself and work with others. Time management, emotional regulation, conflict resolution, and collaboration all determine whether your skills show up consistently and effectively. Maturity and experience support talents, showing that raw aptitude is refined and directed only through time, feedback, and lived challenges. Spirit and enthusiasm sit under motivations, indicating that what drives you is amplified or dampened by your level of hope, resilience, and optimism. Personality under health highlights that temperament, typical emotional patterns, and ways of relating interact with physical well-being to shape how others experience your performance.

The bottom layer (knowledge; actions; values/virtues/principles; beliefs/thoughts/attitudes) forms the foundation of the model. Knowledge anchors interpersonal skills: understanding human behavior, communication strategies, and psychological principles helps you navigate relationships more intelligently. Actions under maturity and experience remind us that growth is behaviorally based; one becomes mature not simply by aging but by repeatedly choosing and reflecting on real actions. Values, virtues, and principles underpin spirit and enthusiasm, suggesting that a sense of purpose and ethical compass fuels sustainable energy. Beliefs, thoughts, and attitudes support personality: the stories you tell yourself about the world, other people, and your own capabilities heavily influence your default patterns of feeling and behavior.

One way to use the Life Performance Model is as a diagnostic map. When performance is lagging - whether in a career, a project, or personal life - it is tempting to focus on the surface level: acquire new skills or push harder on motivation. The model encourages a deeper look. If someone has strong skills but struggles in teams, perhaps the issue lies in interpersonal and self-management skills or in underlying beliefs that make collaboration difficult. If a talented person fails to follow through, the roots may be in values (unclear purpose), spirit (burnout), or health and personality

(low energy plus pessimistic attitudes). By scanning each level and box, you can identify which components are strong and which need attention.

The model also emphasizes alignment. High performance emerges when skills and talents are deployed in ways that match values and motivations, supported by healthy beliefs and habits. For example, a person whose values emphasize service and integrity will feel most energized when using their skills in roles that genuinely help others and align with those principles. If their actions regularly violate their values - say, by cutting ethical corners - they will experience dissonance and erosion of spirit, even if external success continues. Similarly, when beliefs are self-defeating (“I always fail,” “People can’t be trusted”), they can undercut motivation and distort personality expressions, leading to guarded or reactive behavior despite strong capabilities.

For personal development, the Life Performance Model suggests working from the bottom up. Start by examining beliefs, thoughts, and attitudes: What do you assume about yourself and the world? Which beliefs support your goals, and which quietly sabotage them? Then clarify values, virtues, and principles: What matters most? What kind of person do you want to be? With this foundation, you can evaluate your actions and habits, gradually aligning daily behavior with your deeper commitments. As actions accumulate, they build maturity and experience, shaping personality and reinforcing more constructive beliefs.

From there, you can deliberately cultivate interpersonal and self-management skills and renew spirit and enthusiasm. This might involve learning communication frameworks, practicing emotional regulation, building routines that support health, and engaging in activities that connect work to meaning. On top of that, you refine skills and develop talents through targeted learning and practice, while maintaining health through sleep, nutrition, and movement. The model reminds us that improvement in one area often spills into others. Better health increases energy, which strengthens motivation and enthusiasm. Clearer values simplify decisions, reducing stress and freeing attention for skill growth. New actions generate experiences that deepen maturity and reshape beliefs.

The Life Performance Model is also useful in mentoring and coaching. A mentor can walk a mentee through the diagram, asking reflective questions at each box: What skills do you currently have, and which are most important for your goals? What talents have others noticed in you? What motivates you? How is your health affecting your performance? How would you describe your personality in high-pressure situations? What interpersonal habits help or hinder you? What experiences have most shaped your maturity? What energizes your spirit? Which values guide you

when no one is watching? What beliefs about yourself or others might need updating? What daily actions are either supporting or undercutting your ambitions? This structured conversation helps the mentee see their life as a coherent system rather than a collection of unrelated problems.

Importantly, the model avoids a deficit mentality. It does not label any box as fixed or missing; instead, it presents each as a domain for ongoing development. Talents can be discovered and refined. Skills can be learned. Motivations can be clarified and elevated. Health can be improved within the constraints of individual circumstances. Personality patterns can be softened or strengthened through new beliefs and practices. Values can be articulated more consciously. Interpersonal skills can be rehearsed and improved. In this sense, the Life Performance Model is inherently hopeful: it assumes that people can grow in multiple dimensions over time, and that small shifts at the foundational level can eventually transform performance at the visible level.

In a world that often equates performance solely with external outcomes - titles, income, visible achievements - the Life Performance Model re-centers the conversation on the inner architecture that makes those outcomes possible and sustainable. It encourages a more compassionate and strategic approach to self-improvement and to supporting others: rather than pushing harder on the surface, we can systematically strengthen the underlying structures of skills, talents, motivations, health, relationships, experience, spirit, personality, knowledge, actions, values, and beliefs. When these elements come into alignment, life performance becomes not just higher, but also more meaningful and more resilient.