



# What's the Performance Formula?

## Lesson Content

Most people want to perform well, whether it's in school, sports, or music.

If we could analyze a performance and break it down into a formula, what would we find? What are the elements that make up success? It might be simpler than you think. Your talent is the first ingredient. And talents are like playing cards, everyone has been dealt some talent cards, but no one has the whole deck. You can expand your talent if you're willing to look for the second ingredient – Strategies.

Strategies are methods of doing something, including the effort you put in to get it done. The practice you put in actually grows your talent into skills.

The third ingredient is the Belief you have in yourself – your self-confidence. It's whether you believe you can do something, or believe you can't. Now we draw a line under these three things and add them up like a math problem, to find the sum of our talent, our strategies, and our self-belief. Here's the fun part. If all the ingredients are right, it adds up to SUCCESS. But sometimes adding these things together doesn't equal success. You might be tempted to call this FAILURE. But in reality there's no such thing as failure...there are only LESSONS. And Lessons are just delayed success, not Failure!

When this happens some people get very discouraged because they believe their talent is fixed and they can't get any more, so what's the use? The truth is, talent is can be grown and success can be reached IF you're willing to adjust your strategy and your effort. There's nothing wrong with you...it's the strategy you're using. Find a new strategy!.....and try again. With the right kind of strategy and effort, your talents can be transformed into learned skills that equal success.

Remember, there's no such thing as failure...only Lessons! What lessons are you learning?

### LEARNING OBJECTIVE:

Students will know the individual elements of performance success and how to respond to unsuccessful performances.

### INSTRUCTIONS:

Distribute the handout to students after viewing the video.

Talent  
+ Strategies & Effort  
+ Self-Belief

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Success or Lesson

### DISCUSSION:

Why do many people first question their talent, instead of their strategies or effort, when they have an unsuccessful performance?

What are some of the resources we have when we need to find new and creative strategies that are not obvious?

# The Performance Formula Worksheet

Use the space below to reflect on things you've learned when not performing well.

1

Why is it important to view life's setbacks as "lessons" rather than as failures?"

An answer to share.



2

Write about an example in which you thought you failed and describe the real lesson you were meant to learn.

An answer just for you.

