

LEADERSHIP BOOKSHELF

LESSONS FROM “HIGH PERFORMANCE HABITS” BY BRENDAN BURHARD

High Performance Habits by Brendon Burchard presents six essential behaviors—called the High Performance 6 (HP6)—that enable people to reach sustained excellence while maintaining well-being, focus, and personal fulfillment. These habits are not innate personality traits but learned disciplines backed by Burchard’s large-scale research on more than 30,000 individuals worldwide.

HABIT 1: SEEK CLARITY

High performers intentionally cultivate clarity in who they are, how they want to interact, and which skills they must develop next. They define their values, articulate future goals, and enter interactions with deliberate intention. Clarity helps them maintain focus and direction, especially during times of uncertainty.

HABIT 2: GENERATE ENERGY

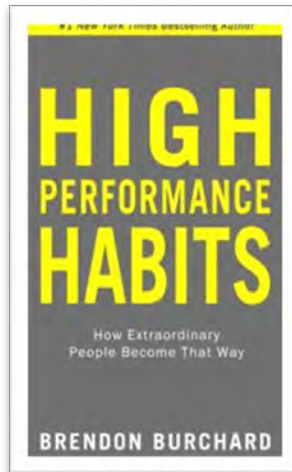
Energy fuels achievement. High performers sustain mental, physical, and emotional vibrancy by mastering transitions, creating moments of joy, and prioritizing health. They use intentional breathing and visualization, and they commit to consistent exercise, nutrition, and sleep routines.

HABIT 3: RAISE NECESSITY

High performers develop an internal drive and an external sense of obligation that make high performance non-negotiable. They align their actions with personal standards and identity, set challenging goals, publicly share commitments, and regularly evaluate whether their behaviors match their ambitions.

HABIT 4: INCREASE PRODUCTIVITY

Productivity requires focus on what matters most—Prolific Quality Outputs (PQOs). High



performers devote at least 60% of their time to these meaningful outputs. They eliminate distractions, avoid starting the day with email, and structure their calendars around their most impactful work.

HABIT 5: DEVELOP INFLUENCE

Influence means shaping how others think and act. High performers influence ethically by encouraging growth, sharing clear expectations, and remaining open to others’ perspectives. Leaders strengthen their teams through clarity, character development, improved relationships, and contribution-focused coaching.

HABIT 6: DEMONSTRATE COURAGE

Courage at work involves speaking truthfully, taking bold action, confronting difficult issues, and acting despite fear. High performers accept discomfort as part of growth. They avoid self-minimizing behavior, advocate for meaningful causes, and adopt a solution-oriented mindset rather than complaining.

CONCLUSION

Anyone can become a high performer. By intentionally applying the six high-performance habits—clarity, energy, necessity, productivity, influence, and courage—individuals elevate results, reduce stress, and create a more fulfilling, purpose-driven life.