

# The **5** Biggest Frustrations of Competitive Driven People





# The 5 Biggest Frustrations of Competitive Driven People

By R. Michael Anderson, MBA, MA  
Founder, The Executive Joy Institute

This mini-ebook is a companion to the  
webinar:

*The One Secret*  
*to Stop Being so Hard On Yourself*  
*while Still Maintaining Your Edge*



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Sign-up to hear the author,  
R. Michael Anderson, teach you these principles  
in a face-to-face complimentary webinar.

Because what is **Success** without **Happiness**?

The 5 Biggest Frustrations of Competitive Driven People

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Van Buren Publishing  
1171 S. Robertson #124  
Los Angeles, CA 90035  
[www.vanburenpublishing.com](http://www.vanburenpublishing.com)

# Ask Yourself...

Do you have that competitive drive that's always pushing, pushing, pushing you?

Is your inner voice constantly reminding you all the ways you're not perfect?

Do you put crazy, immense pressure on yourself?

If those questions hit home, that's because I came from that same world. Yet over time and with the right guidance, I've been able to change.

You're going to learn the five biggest frustrations that the competitive, driven people of this world go through. Then, you'll learn a strategy to start shifting your thinking and making your inner world a better, more manageable place. Finally, I'll give you an invitation to attend my webinar, where you'll get the rest of the story.

Because right now I know you beat yourself up. A lot.

And that's not an easy way to go through life.



# Your Can't Shut It Off!

# 1

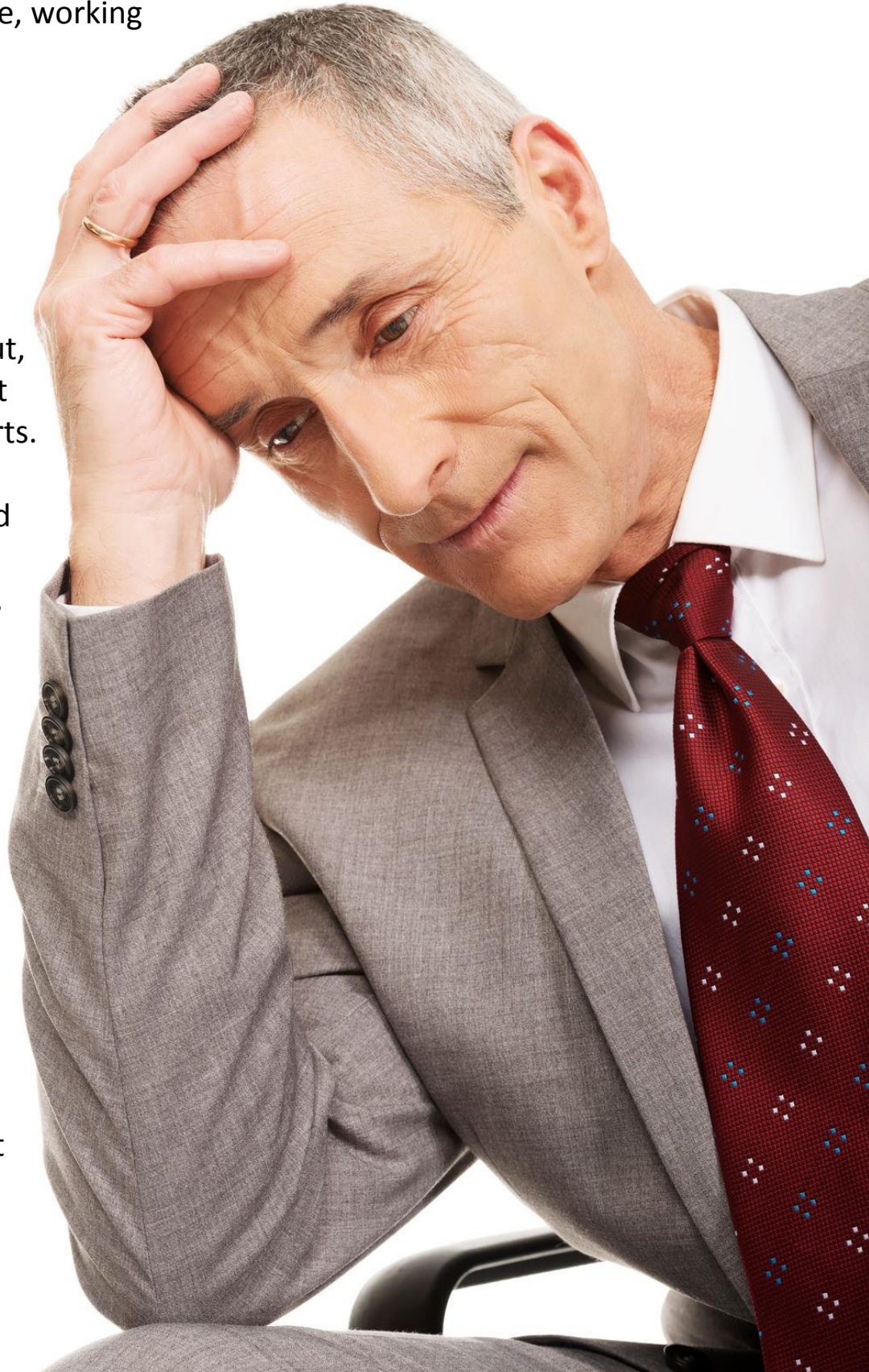
If you are driven, then you are always driven. If you are determined to get ahead in your business life, it normally shows up everywhere; in fantasy football, on the golf course, working out, in the car, in your relationships.

Even when you try to keep it under control, it seeps out. Sooner or later your internal competitor takes over. Then watch out, as that's when you get out of control and friction starts.

How often has that caused issues in your life? With a friend, co-worker, spouse, your kids?

Maybe you reflect on the situation later and ask yourself, *was that the best way to go about things?* Did you just sabotage part of your life at the expense of a meaningless victory?

What if there were a way to dial it back? To use that extra gear only when you need it?



# 2 Other People Don't Get It

When you set your sights on something you want to achieve, you get focused and passionate. People around you may not be used to intensity like yours.

Since they can't handle it, they start to say "relax, it isn't that big of a deal..." But it *is* a big deal. They just aren't seeing it.

And other people's lack of commitment bothers you – the fact that you are going all-out and they are sitting there on the sidelines, judging you.

Yet you are the one doing the work, carrying the load, putting everything on your broad, strong back.

They don't know the willpower it takes to get the things done like you do. Why can't they just support you and give you a little credit?





# It's Not Easy

It takes massive energy to be the person moving things along day in and day out. Often to little or no support and acknowledgement. In fact, you are probably taken for granted.

Though you've learned to not let it show, the toll it takes on you. You feel you always have to look like you have everything under control.

You are practiced at not showing any weakness. So much so that it's become second nature. The problem is that this makes it hard to have deep relationships.

You get disconnected to your feelings and often feel numb inside.

Do you ever wonder if you've lost the ability to truly connect – with others as well as yourself?

# 3



# 4

## You Are Your Own Worst Critic

People don't realize, there's nothing they can say or do that will be harder on you than you are on yourself.

You set sky-high goals for yourself, often with unrealistic timeframes, and hold yourself to these impossible standards.

You drive yourself by putting yourself in a no-win situation.

Even when you do hit your goals, the victory celebration is short lived. Then your inner critic goes back to telling you how you aren't measuring up, over and over again.

When's the last time you felt truly content? At peace?





# You Don't Know Any Other Way

# 5

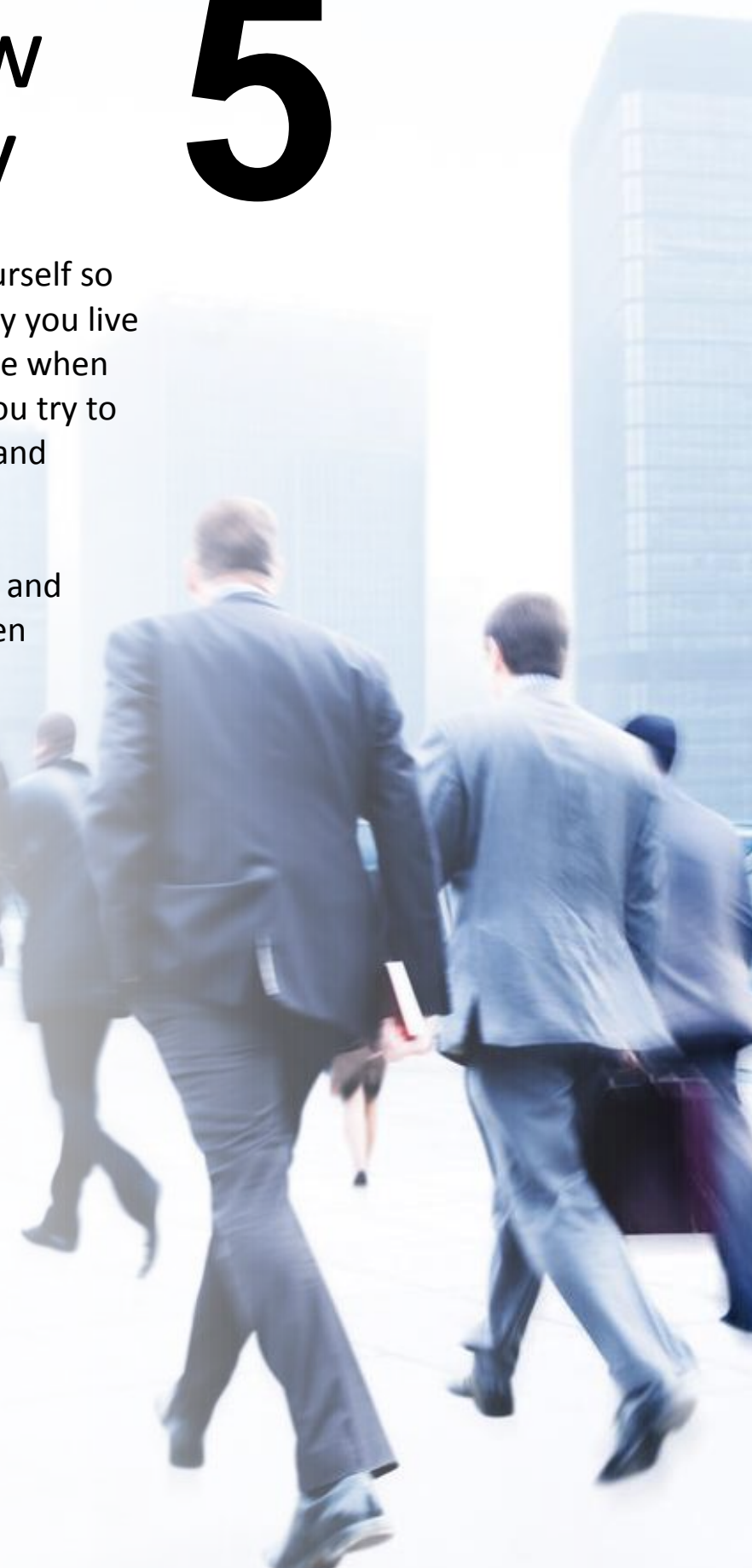
At this point, you've been driving yourself so hard, so long, it's ingrained in the way you live your life. When you try to change, like when you open up to someone, or when you try to be easier on yourself, it feels forced and unnatural.

You see other people who are happy and grounded and ask yourself is that even possible? Are they faking it?

When you look at how you go through life, it's all about *what can you do...what can you have*.

It's always a constant grind. Then you tell yourself you are "wired that way" and figure this is how the rest of your life is going to be.

Can that be true? Are you flawed or broken somehow? Is this the best it's going to get? Are you going to be like this forever?



# Start Your Own Change



I can tell you right now that there's nothing wrong with you. What you are going through is the norm with competitive, driven people.

That's right - when you come across most of the other achievement oriented people in the world, inside they are going through the same thing. They are just doing a good job of hiding it.

The thing is – you can change! It takes some work – probably not as much as you may think, and when you do make the shift you become even more successful.

I know; I've made that change.

After playing semi-professional basketball, founding three international software companies, and partying at the Playboy Mansion, I was doing great at the “scoreboard” of life.

Though I didn't have any internal joy or fulfillment. Then I thought, hey, I'm a good achiever, so why don't I make up my mind to get happy.

So I did. Through earning a world-renowned Masters Degree in Spiritual Psychology, along with lots of other work on myself, I made the transformation. It was so powerful for me, that I've sold my software companies so I can help other high-achieving leaders go through the same changes I've been through. I do this through The Executive JOY Institute.

# Take the First Step

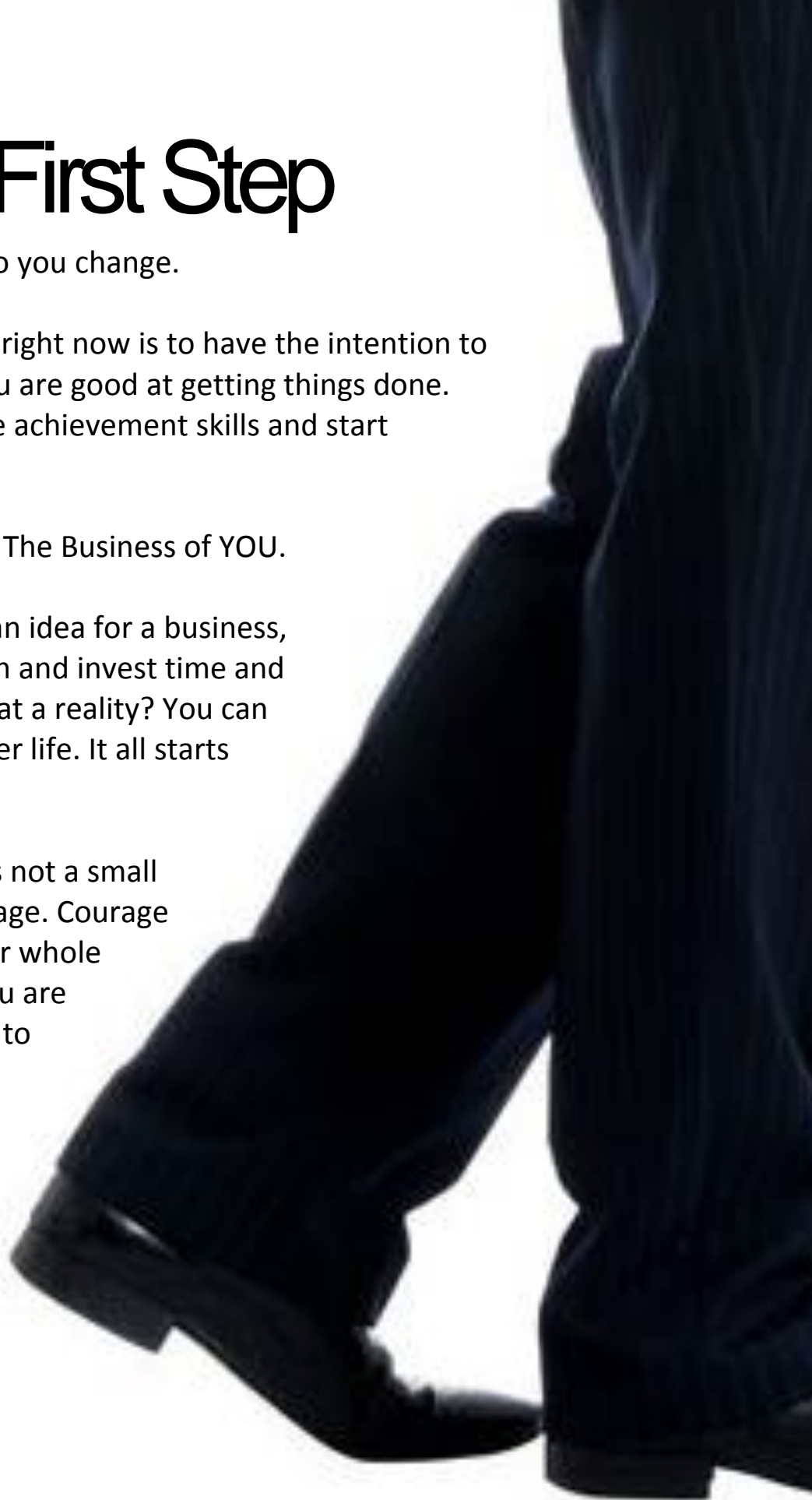
So the question is how do you change.

The first step you can do right now is to have the intention to change. As you know, you are good at getting things done. Why not take those same achievement skills and start working on yourself?

Think of it as investing in The Business of YOU.

That's right – if you had an idea for a business, wouldn't you make a plan and invest time and resources into making that a reality? You can do the same for your inner life. It all starts with an intention.

Make no mistake – this is not a small thing to do. It takes courage. Courage because you've lived your whole life one way, and now you are willing to make a change to the most fundamental aspect of yourself that's made you successful and accepted. Your competitive drive, your EGO.





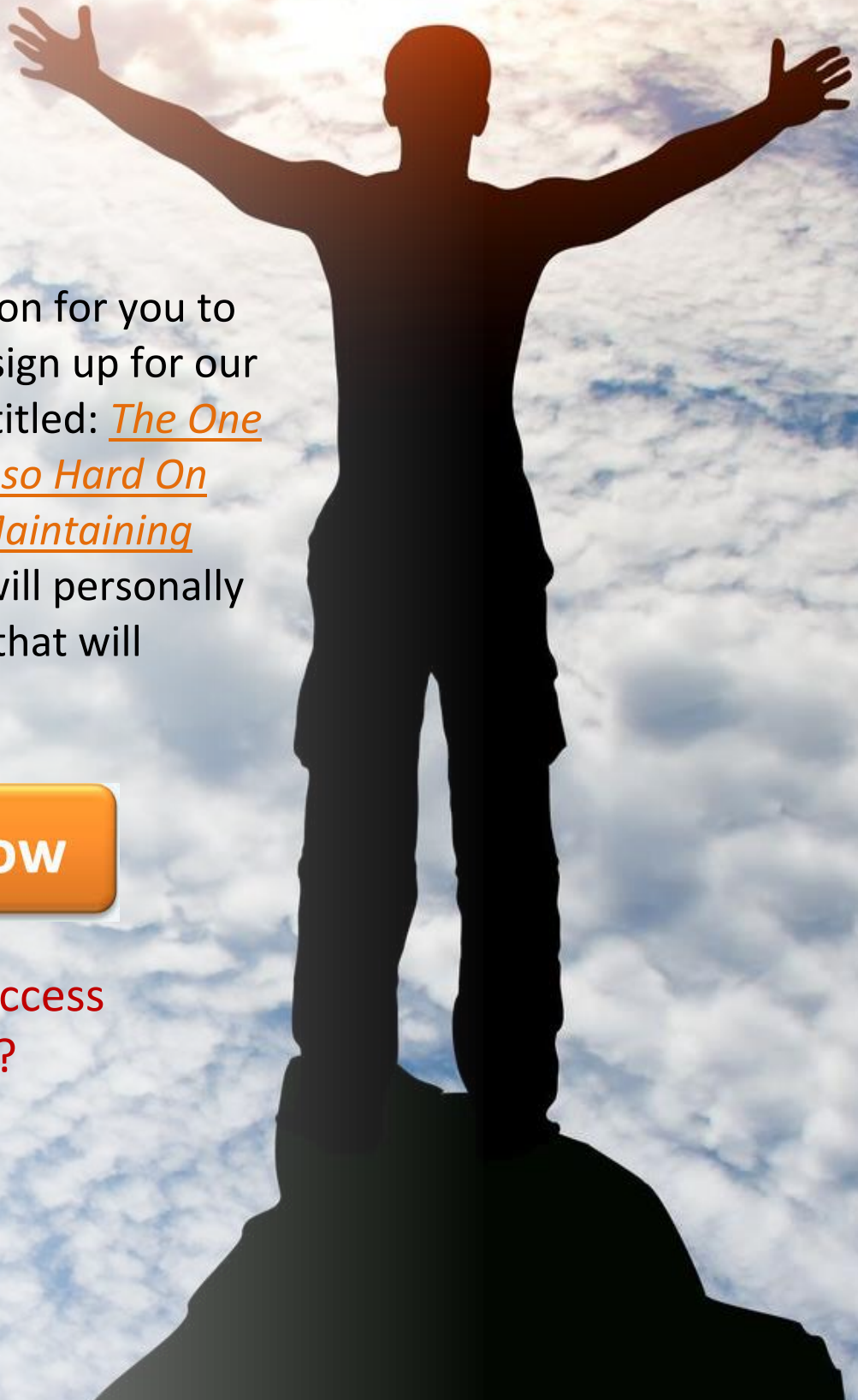
Remember two things as you mull this over; It's easier than you think to get to where you want to go, and when you make the shift, you will find yourself achieving actually greater things; all with ease and grace.

Can you even imagine;  
a peaceful inner life and  
even more success?

The best easiest action for you to take right now is to sign up for our free live webinar entitled: [The One Secret to Stop Being so Hard On Yourself while Still Maintaining Your Edge](#), where I will personally share the one thing that will transform your life.

**Register Now**

Because what is **Success**  
without **Happiness?**



# About Michael

R. Michael Anderson, M.B.A., M.A., is creator of [The Executive JOY Institute](#), which specializes in developing authentic happiness in leaders through speaking, facilitation, writing and online courses.

Michael is the founder of three successful international software companies, a former semi-professional basketball player and has a Master's Degree in Spiritual Psychology from the University of Santa Monica. He brings to the table a rich blend of education and experience to instruct clients in the use of powerful transformative tools to elevate and enrich their lives.

His recent book, [The Experiment: Discover a Revolutionary Way to Manage Stress and Achieve Work-Life Balance](#), is a best seller in the Business Leadership Training category.

Find out more about his work at [www.executivejoy.com](http://www.executivejoy.com).

