

Play 20: On Competition — Seeing the Game Clearly

These questions are designed to help you reflect honestly on how competition shapes your behavior, your self-assessment, and your leadership decisions.

1. Where in your professional life are you currently in competition — even if no one has explicitly framed it that way?
2. What assumptions do you make about your own strengths compared to others competing for the same opportunity?
3. When you don't get the outcome you wanted, what story do you instinctively tell yourself about why?
4. How often do you attribute success to preparation and failure to bad luck — and what might that pattern be hiding?
5. Who are you actually competing with most right now: peers, external rivals, or your own past performance?
6. In which areas do you believe you are “above average”? On what evidence is that belief based?
7. When was the last time you actively sought feedback that challenged your self-image?
8. How do you typically respond when feedback contradicts the story you tell yourself about your abilities?
9. Where might greater honesty about your current level unlock growth rather than threaten your confidence?
10. What is one concrete action you could take this week to compete better — through preparation, learning, or perspective — rather than comparison?

Take one insight from your answers this week and test it in your next decision/team interaction.