

Coda to my post ‘Do you have a personal feedback system?’

Margaret Beaton 08 July 2012

After I wrote [Do you have a personal feedback system?](#) earlier today, I watched episode 3 of the uplifting ABC documentary [Sporting Nation](#).

Of the many inspirational clips, Herb Elliott and Cathy Freeman stood out for me as they expounded why and how they ran their themselves into Olympic history and our national psyche.

In their own words Herb Elliott and Cathy Freeman described having ‘precise goals....standards against which they gave themselves....specific feedback’. They did it for themselves, to become better people, to prove their self-worth, to perform to their highest standards.



A personal feedback system

The personal feedback systems they use are identical to those of the top business leaders in my earlier post.

Olympians strive to be the best in the world through their self-talk and self-feedback. All of us can develop a personal feedback system to become the best we can.

This post was written by Dr [Margaret Beaton](#), a director of [Beaton Executive Coaching](#) and [Beaton Research + Consulting](#). You can also find Margaret on [LinkedIn](#).