

Leadership Emails

Leadership Emails

Today...Choose to Be Extraordinary!

April 20 – May 11, 2023

Kevin's Leadership Emails are powerful explorations into personal development, both inside and outside of the practice.

Enjoy reviewing all this transformational, thought-provoking content.

© Dental Success Today

Leadership Emails

Discipline (Part 1)

Good day everyone!

Join me as we journey into what it means to be "disciplined."

We'll be going over some key questions to ask ourselves to help fortify our roots of commitment and discipline.

"For every disciplined effort, there's a multiple reward."

– Jim Rohn

Today...Choose to Be Extraordinary!



Leadership Emails

Field Manual for Excellence
Discipline
(Part 1)

"For every disciplined effort, there's a multiple reward."

– Jim Rohn

"THERE MUST BE DISCIPLINE. Discipline: the root of all the good qualities. The driver of daily execution. The core principle that overcomes laziness and lethargy and excuses. Discipline defeats the infinite excuses that say: not today, not now, I need a rest, I'll do it tomorrow.

What's the hack?

How do you become stronger, smarter, faster, healthier?

How do you become better?

How do you achieve true freedom?

There's only one way. THE WAY OF DISCIPLINE."

– Jocko Willink, author of "Discipline Equals Freedom Field Manual"

What drives you to be COMMITTED with DISCIPLINE to be your best daily?

Leadership Emails

When you feel yourself not at your best, what's typically causing you to become uncommitted and undisciplined?

On a scale of 1 – 10 (10 being the highest) **how would you rank yourself when it comes to your DISCIPLINE to be your BEST each and every day?**

1 2 3 4 5 6 7 8 9 10

Today...Choose to Be Extraordinary!

Leadership Emails

Discipline (Part 2)

Good day everyone!

We're going even further into what it means to be "disciplined" with ten more questions to ask yourself to measure your direction and conviction.

Clarity, empowerment and freedom await!

"So, ask the hard questions of yourself and find the path to progress and discipline and to freedom inside the answers."

– Jocko Willink

Today...Choose to Be Extraordinary!



Leadership Emails

Field Manual for Excellence
Discipline
(Part 2)

"Question it all and question yourself:

- ***Who am I?***
- ***What have I learned?***
- ***What have I created?***
- ***What forward progress have I made?***
- ***Who have I helped?***
- ***What am I doing to improve myself…TODAY…to get better, faster, stronger, healthier, smarter?***
- ***Is this what I want to be…THIS?***
- ***Is this all I've got…is this everything I can give?***
- ***Is this going to be my life?***
- ***Do I accept that?***

Ask yourself those questions, those hard questions, and then answer them, truthfully.

Realize that all of us…ALL OF US…can do better. We can be better.

And it starts when you ask those questions.

So, ask the hard questions of yourself and find the path to progress and discipline and to freedom inside the answers."

– Jocko Willink, author of "Discipline Equals Freedom Field Manual"

Today…Choose to Be Extraordinary!

Leadership Emails

Endurance

Good day everyone!

Today, we're exploring the concept of "endurance" and how our mindsets and habits can be our allies that help us persevere.

"Life is all about the ups and downs, the peaks and the valleys. How much mental toughness we store up on the peaks will determine how triumphant we are in the valleys."

– Michael Chandler

Today...Choose to Be Extraordinary!



Leadership Emails

Field Manual for Excellence
Endurance

"Life is all about the ups and downs, the peaks and the valleys. How much mental toughness we store up on the peaks will determine how triumphant we are in the valleys."

– Michael Chandler

Do you look forward to waking up each day or do you have hesitation as to what the new day will bring?

_____ **YES, I'm optimistic for each new day!**

_____ **NO, I have some pessimism for each new day.**

If your answer is YES, why the optimism?

_____

_____

_____

_____

If your answer is NO, why not the optimism and what needs to change?

_____

_____

_____

_____

Leadership Emails

When challenges and/or frustrations arise, what gives you strength to continue onward?

When you experience loss or unexpected "failure," how do you process the moment and adjust?

Who and/or what helps you persevere?

What habits, routines, rituals, and/or actions do you commit to every day in pursuit of your ideal life?

Today...Choose to Be Extraordinary!

May 4, 2023

Message No. 367

Leadership Emails

Love
(Part 1)

Good day everyone!

Join me as we look deeply into the heart of "love."

We'll be exploring the roots and actions that make this word the most multi-dimensional and powerful concept we know.

"I don't necessarily have to like my players and associates, but as a leader I must love them. Love is loyalty, love is teamwork, love respects the dignity of the individual. This is the strength of any organization."

– Vince Lombardi

Today...Choose to Be Extraordinary!



May 11, 2023

Message No. 368

Leadership Emails

Field Manual for Excellence
Love
(Part 1)

"I don't necessarily have to like my players and associates, but as a leader I must love them. Love is loyalty, love is teamwork, love respects the dignity of the individual. This is the strength of any organization."

– Vince Lombardi

According to Merriam-Webster, LOVE is defined as:
Unselfish loyal benevolent concern for the good of another.

And BENEVOLENT is defined as:
Marked by or disposed to doing good.

What do you believe are key qualities of a transformational relationship?

_____

_____

_____

_____

_____

AGAPÉ love is defined as:
A love of behavior and choice, not a love of feeling.

Consider LOVE as a verb using the Greek language as a guide. AGAPAÓ, derived from AGAPÉ, is defined as:
Unconditional love rooted in behavior toward others without regard to their due.

Leadership Emails

Your actions represent your commitment to others.

Contemplate your commitment to love by ranking yourself on how well you do at consistently choosing the following behaviors:

- PATIENCE is showing self-control.

On a scale of 1 – 10 (10 being the highest) **how would you rank yourself when it comes to consistently choosing patient behavior?**

1 2 3 4 5 6 7 8 9 10

- HUMILITY is being authentic and without pretense or arrogance.

On a scale of 1 – 10 (10 being the highest) **how would you rank yourself when it comes to consistently choosing humble behavior?**

1 2 3 4 5 6 7 8 9 10

- RESPECTFULNESS is treating others as important people.

On a scale of 1 – 10 (10 being the highest) **how would you rank yourself when it comes to consistently choosing respectful behavior?**

1 2 3 4 5 6 7 8 9 10

- SELFLESSNESS is meeting the needs of others.

On a scale of 1 – 10 (10 being the highest) **how would you rank yourself when it comes to consistently choosing selfless behavior?**

1 2 3 4 5 6 7 8 9 10

- FORGIVENESS is giving up resentment when wronged.

On a scale of 1 – 10 (10 being the highest) **how would you rank yourself when it comes to consistently choosing forgiving behavior?**

1 2 3 4 5 6 7 8 9 10

- HONESTY is being free from deception.

On a scale of 1 – 10 (10 being the highest) **how would you rank yourself when it comes to consistently choosing honest behavior?**

1 2 3 4 5 6 7 8 9 10

- COMMITMENT is sticking to the choices you've made.

On a scale of 1 – 10 (10 being the highest) **how would you rank yourself when it comes to consistently choosing committed behavior?**

1 2 3 4 5 6 7 8 9 10

All of the above are BEHAVIORS, not feelings.

Your behaviors are a CHOICE.

LOVE is a choice.

EXCELLENCE and living a life worth remembering: each of these principles is a choice because behavior and attitude are all choices.

Today...Choose to Be Extraordinary!