



Leadership Emails

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Today...Choose to Be Extraordinary!

December 21, 2023 – January 11, 2024

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.

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What You Leave Behind

Today marks the 51st message of my 52-week commitment to create messages with a focus on expanding our level of Excellence. I made the choice to end the series with a significant amount of time spent on our ability to have a positive influence on others. I hope you have found the journey to be thought-provoking and meaningful. I pray you have been able to take away at least one personally significant moment from this series.

In today's message, I have a surprise for you. It is something I have not focused on, yet has been an underlying benefit from any effort you have put toward this journey inward.

Choosing to strive for Excellence and being a positive influence in the lives of others is and will continue to build the legacy you leave behind. I am certain that most people believe "legacy" means something extreme, grandiose, and far beyond reality.

I am here to let you in on a secret: every one of us is building a legacy that we can be proud of, if we choose to put time, energy, effort, and intention into our approach with others through life's journey.

I have believed this for a long time now and could not have had a better example than witnessing the legacy my brother built through the droves of people who attended his celebration of life. The number of stories shared by young and old about how he was such a positive influence in their lives was so emotional that I could not process it until weeks later. My brother was a simple man of average means, so his influence had nothing to do with worldly trinkets, but rather how he treated others and what he did to help and support them along the way. That is legacy!

If over the course of these 52-weeks focused on Living a Life Worth Remembering it took me until now to share something of value with you, something that you will use to create an expansion of the goodness you give to the world around you, then I accomplished my mission by staying steadfast to this commitment.

You matter and your positive influence is so important because, collectively, we can create a seismic shift in positive outcomes for so many people if we travel down this path together in life with intention and purpose.

I will leave you with a simple, yet profound message from the book, *"The Gift of Influence,"* where author Tommy Spaulding supports my offering to you today.

"Leaving a legacy means you've made the life of another person better."

Simplicity at its finest!

What path will you choose?

What legacy are you creating?

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Your choices will determine what you leave behind when your time is up on God's great earth.

I hope you choose to make the lives of other people better.

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How to End?

Today's message will be the final installment of our yearlong focus on Excellence! I have cherished this powerful and inspiring journey together over the course of what is now 52 messages focused on being the catalyst to brighten the light each of us shine unto the world. What a gift it is to pour into ourselves in an effort to have a positive influence on those we are fortunate to spend time with each day.

I have been anticipating this message since week 27. I have had so many thoughts about whether to end with a profound message that inspires us all to think deeply, or to recap the year's worth of messages in a manner that could "tie a bow" on the series, or to keep it simple, applaud everyone who made the commitment to go on this journey with me, and ask you to do one final exercise to put an exclamation point on all the work we have done.

After months of pondering, I chose none of those options. Instead, I have chosen to offer just two final words to wrap this all up...

THANK YOU!

Thank you for sharing your epiphanies and future commitments when a message provoked deep thought within you.

Thank you for sharing all of the personal stories you openly offered each and every week.

Thank you for sharing these messages well beyond the "DST Universe" when you felt so moved to want a friend or family member to experience a word of hope and encouragement.

Thank you for all the kind words of support and encouragement you gave me along the way.

Thank you for the positive influence you all have had on me! You equally poured into me with your generous kindness.

I always step back and smile when I realize all of the goodness I receive even when I am in the mindset of serving all of you.

Your responses, compounding over the course of the year, have led to an incredible expansion of goodness offered to the world around us.

I hope you all know I wrote each message from a place of (agape) love.

I want the best for all of you...now and forever.

May your level of Excellence continue to expand, and your Gift of Influence be felt by many, as we turn the calendar from 2023 to 2024 and enter the next season in our journey together.

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Significance Based in Simplicity

As I pondered where to begin, here at the dawn of 2024, I felt moved to shift into the mindset of Significance in order to build on all the work we did last year to expand our level of daily Excellence. I am choosing this one word, Significance, to be a guiding light when determining where to apply time, energy, focus, and attention to a matter. It is important to use our critical thinking skills to go from feel-good “To-Do Lists” and shift into the mindset of deciding what is actually worthy; Significant.

To clarify, I am not saying “To-Do Lists” are entirely unhelpful: they can help clear our minds, increase our capacity for focus, and help get routine objectives accomplished. However, piggybacking off of that, the more advanced level of critical thinking and decision making is to make better choices as to what effort leads to more Significance.

Let me provide you an example. For the last 7+ years, my theme for life has been to focus on creating Simplicity in all aspects of my life. During this 7-year journey, I have found the Significance in less, rather than more.

Less “stuff” cluttering my life.

The more I purge, the better I feel. The Significance of having less has allowed me to appreciate “stuff” that has meaning, rather than what takes up space, because the luster has worn off from its original acquisition.

Less travel due to “needing a vacation.”

I find Significance in the beauty of all the nature that surrounds me on a daily basis, resulting in no longer being chained to needing the next destination to make me happy.

Less obligations of my time.

What I spend time on now truly has Significance. Less commitments overall equates to experiencing more satisfaction and joy within the things I consciously choose to invest my time into.

Less obligation to people, especially where only surface level relationships exist.

I understand the Significance of spending more quality time with less people so they get more of me.

Less distractions of my time, such as watching sports on television or live at a stadium.

I understand the Significance of time in solitude and with those I love, versus finding things to “pass the time.”

Less desires for worldly possessions that bring fleeting moments of excitement or happiness.

The less money I spend on “stuff,” the more joy I experience.

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Creating a life of Simplicity has created an immense amount of relief and satisfaction.

Living based in Simplicity has led to having more Significance for what I choose in life.

Significance based in Simplicity has led to pure and genuine joy.

This state of being has allowed me to be the best version of myself for all who are in my life.

I share these thoughts with you in an attempt to be a catalyst for you to ponder your own choices in life. By no means am I advocating for everyone to live and think exactly like I choose to. I am sharing this with you to display the follow-through on the commitment I made to living a life that is in alignment with what I believe will aid me in being the best for myself and others.

I want your choices to fill you up, not deplete you.

I want you to feel more joy in less so you can find more opportunities to make your way through life in a simpler way, and with a slower pace, in order to experience a deeper level of Significance than ever before. This applies to all aspects of your life, personal and professional.

For those of you who are familiar with the book, "One Word," Significance is the word that will be my guiding light for the time being. I pray you can find meaning in a word that could help keep you steady on the course of life when you need it most.

Another year awaits.

Another opportunity exists to make it our best year yet!

Starting now, what choice will you make?

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Cement, Sand and Gravel

There's an overused phrase, one which I'm guilty of using myself: "Build the foundation."

It's become diluted and can easily be glossed over as cliché "coach speak" when trying to highlight just how vital it is to build a powerful support structure if one's to achieve anything extraordinary in life. Today, my intent is to bring new meaning and Significance to this all-important phrase.

Having been a professional in the real estate industry for twenty years of my life, as well as having built and bought many homes over the years, I fully appreciate the importance of a quality foundation: one that inspires confidence in the structure we eventually call "home." But the question is, what exactly is the "recipe" for building a strong foundation?

To boil it down to its most basic starting point, I researched, "How to make concrete?" Elementary, yes, but what better way is there to understand what it takes to build the appropriate foundation for a home that's considered strong and safe?! The following description spoke to me in a significant way...

"The standard concrete mix consists of 1-part cement, 2-parts sand, and 3-parts gravel. Remember, getting the correct ratio of these materials is paramount to achieving the perfect mix. For example, if the aggregate content is excessively high, attaining a pleasing and smooth finish may pose a challenge."

To begin with, I found it fascinating that just three "simple" ingredients make up such a strong, reliable and durable building material that's stood the test of time. It was another "wink from God" about how simplicity is what we want to strive for...Significance is Based in Simplicity!

The foundation we build for anything in life does not require us to make it difficult or complex. The brilliance in creating something that can "stand the test of time" is to build it in a way where there are minimal opportunities to screw it all up!

When I apply the concrete mixture analogy to my life, I find it interesting that I too could come up with three "simple" ingredients that give me the foundation I need to live out my life as a light unto this world, as God has intended for me.

Ingredient #1
Faith

Ingredient #2
Love
(Specifically, Agape Love)

Ingredient #3
Truth

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These three ingredients were easy and obvious for me to document as my personal foundation. I believe to the depths of my soul that they are what support me in living out my mission in life as a man of Faith, husband, father, son, brother, friend, and professional...all the different avatars I am to others I choose to have in my life. It is obvious to me, because for far too long in my life, these were not the ingredients I was "mixing up" to create my own foundation. This led to pain, sorrow, disappointment, and hopelessness.

Once I understood the error of my ways, with help from my therapist, Maryann, I was able to clearly focus on where my focus and priorities should be in order to live life well. I had to experience the "cracks" in my foundation in order to come up with the right recipe.

This defining moment in my life was powerful and enlightening!

What I found most fascinating about this particular description of concrete were the following two words that clarified the importance and Significance of having the right ingredients for the recipe, and the appropriate mixture of them, to achieve the most desired result...

Word of Significance #1
Paramount

"More important than anything else."

The individual who wrote this recipe for concrete took the time to add this additional context in order to make sure we'd get the results we originally intended. This disclosure was so critical, the word "paramount" was used.

As I took a step back and reflected on the ingredients I listed as being part of my foundation, I was instantly mesmerized by the fact that the mixture is what leads to the Significance...the mixture is PARAMOUNT to create the quality of the results.

My foundation would not be as strong...

If I eliminated one of the ingredients.

My foundation would not be as strong...

If I substituted one of the ingredients.

My foundation would not be as strong...

If the mixture of my ingredients was out of balance.

My foundation would not be as strong...

If I was not particular in the care of the ingredients I am using.

It all begins with our foundation, and future results can be predicted based upon the time we invest into this elemental structure of our daily lives.

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The common theme of my observations leads me to my second important discovery from the concrete description we're using for today's message...

Word of Significance #2
Aggregate

"A whole formed by combining several elements."

The light we will shine unto others, including ourselves, is the AGGREGATE of ALL the elements. It takes more than one ingredient, and a delicate combination of several, to find strength and longevity in our lives and to influence others'. To be "whole" requires us to combine all the elements in our lives, with harmony, in order to be on the path of experiencing joy and Significance...and what YOU experience, others will experience through you as a catalyst for good!

Friends, there is no better time than right now to pause and assess the ingredients and mixture you have in your life as the foundation on which you are living upon!

In order to begin building the framework upon our foundations, we must be confident in what we are building upon. Without having confidence that our foundations will be able to withstand all of the challenges life will bring us, the rest of our efforts will come up short.

In the coming weeks, I will expand this analogy by diving into the eight supporting principles I focus on...the essential principles which stand upon my foundation. By the end of our time in this series, you will be more prepared and ready to experience growth and breakthroughs like never before!

Here's to building a foundation that'll be your stronghold for all endeavors in life!

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