



# Leadership Emails

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**Today...Choose to Be Extraordinary!**

**March 21 - April 11, 2024**

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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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# Leadership Emails

## What Holds It All Together? (Part 1)

We are entering into the third and final series on the topic of YOU. We have built the Foundation and constructed the Framework to life in the previous two series. Now, we will shift our focus to what can hold it all together in order to live our lives with intention and integrity each and every day.

Today, let's begin with:

Effort.

**Building off of last week's message about the characteristics of water, the amount of Effort you are willing to deploy in the various aspects of life will determine whether or not you will experience true joy while sharing your unique gifts that God has given to you.**

Before reading any further, how would you define Effort?

Please—Pause and Reflect—I promise this will help make this message more impactful!

**Now that you have your own definition, let's explore the formal definition of Effort.**

**Effort is:**

*"A vigorous or determined attempt."*

**Vigorous and Determined...powerfully descriptive!**

**Vigorous is:**

*"Strong, healthy, and full of energy."*

**Determined is:**

*"Having made a firm decision and being resolved not to change it."*

**In the hopes that it leads to more clarity and commitment to your personal Effort, let me take the opportunity to offer my personal, expanded definition of, and outlook on, Effort:**

*"Effort is based in making a firm decision to go about life with a strong, healthy and energy-filled spirit, while being resolved not to change your Commitment to your approach."*

**I believe most people do not even think about the word, "Effort," when it is spoken. It is word that has become diluted and lost its zest through overuse, and misuse. My intention here is to breathe new, fresh, vibrant life into its meaning within our hearts and minds!**

# Leadership Emails

Effort reminds me of, *“The Champion’s Mind,”* a book that has forever awakened me to the Commitment it takes to be a force for good. To me, the two most powerful words in that book are:

Vitally Engaged.

Not just Engaged, but Vitally (energetic and essential) Engaged!

It’s such a simple, little shift, but it’s so profound; the addition of “Vitally” brings an incredible amount emphasis on the importance of our intention.

The same is true when we break down what Effort is intended to be.

If you were to do a self-assessment, how would you rate yourself on Effort in the way it is described above?

- Are you firm on giving equal Effort each day?
- Is your Effort strong and filled with energy?
- Are you truly committed not to change your level of Effort given in all aspects of life?

Effort is a choice and everyone in your life will benefit from, but only to the degree you choose, only to the degree you are willing to supply it with Vital energy.

- Is your Effort in alignment with who you want to be for others in your life?
- Are your loved ones grateful for the Effort you exude in your relationships with them?
- Are your fellow team members appreciative of the Effort you give each day towards the Commitment of being a Connected Team?
- Is your Effort the same or different each day?
- Does your Effort unleash energy for others to draw inspiration from?

I pose these questions to you because only you can control this part of the equation when it comes to every interaction and relationship in your life.

I believe every person in your world deserves your best Effort...Strong, Healthy, and with Energy that is filled with Spirit and Enthusiasm!

What do you believe?

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# Leadership Emails

## What Holds It All Together? (Part 2)

In all my years of therapy and self-discovery, the single greatest Commitment I have made that has had the most significant influence in my daily life is starting the day and ending the day in Gratitude.

It takes an intricate combination of actions and intentions to successfully manage our minds, and I believe it can only be done with a high level of Gratitude in the mix.

The definition of Gratitude is:

*"The quality of being thankful; readiness to show appreciation for and to return Kindness."*

It is obvious to state the importance of displaying Gratitude for all of the good life brings your way. Where Gratitude takes on a meaning of Significance is when you are able to show Gratitude beyond the good.

Gratitude for the challenges life brings your way.

Gratitude for the mundane moments we are meant to endure.

Gratitude for all things life brings your way, plain and simple.

When you can be Disciplined to slow down and assess what is happening to you and around you, it becomes a mechanism that shifts the power back in your favor. You have the undeniable choice regarding how you will respond to any and all events you experience.

The failure of my second marriage, and the feeling I was betrayed in the worst way imaginable, is what taught me this lesson. I had to decide whether this destructive event would take me out, robbing me of all the future joy I would experience in life that would leave me bitter and angry, or have it provide me with an opportunity to become better at making choices of the who, what, where, and when would take place in my life.

Fortunately, I chose to bask in Gratitude for the experience, after a brief period of hurt and grief, and used it as the catalyst for the single greatest moment of growth I have ever experienced.

From this destructive moment came the strongest Commitment I ever made to adopting a simple, yet powerful mantra in my life:

*"I will no longer allow a single person or event in my life to rob me of my joy."*

That's it—simple and easily actionable. I am proud to say I have stayed true to this mantra ever since, which is now going on 13 years. I still have challenging and emotionally difficult moments in life, but they have no chance of taking me out!

# Leadership Emails

**I want you to consider the following statements, while also producing your own that will help you personally connect to this message:**

- When I practice Gratitude, it is difficult to remain upset.
- When I practice Gratitude, it is difficult to hold a grudge against others.
- When I practice Gratitude, it is difficult to be selfish with my thoughts and actions.
- When I practice Gratitude, it is difficult to want to be hurtful with my words.
- Gratitude aids in my shift to being a greater force for good than ever before.
- Gratitude supports me during the times when all hope seems lost.
- Gratitude is the spark that lights the flame within me and shines brightly in my world.
- Gratitude is based in (agape) Love...and Love is the very greatest gift of all.

**It takes Effort to be based in Gratitude throughout each day: Unrelenting, Vigorous, Determined Effort!**

**I want to challenge you to make the single greatest Commitment to daily Gratitude that you have ever made.**

**Make this Commitment for one full week.**

**Decide what a personal “Gratitude Practice” looks like for you.**

**It can be as simple as you wish.**

**And after this one week is over, assess what was, what is, different...if anything.**

**Ultimately, I encourage you to do this for YOU, because YOU DESERVE loving gratitude just as much as anyone. Give yourself that gift!**

**The beautiful bonus here is that, through your personal practice, everyone and everything around you will also receive the gift of your Effort.**

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# Leadership Emails

## What Holds It All Together? (Part 3)

I can contribute today's message to being one of the single greatest characteristics of people who are, by the world's standards, considered successful and highly influential. This characteristic is Curiosity...authentic Curiosity, not for the sake of manipulation.

The definition of Curiosity is...

*"A strong desire to learn or know something."*

Curiosity is the fundamental basis of personal development. The desire to learn and grow will equate to welcomed future outcomes versus "forced" education, which tends to fall by the wayside over time.

Curiosity leads to formulating and enhancing your critical thinking skills. The world needs more critical thinkers and rewards those who are. Critical thinking also leads to better discernment and decision-making.

Curiosity inspires you to explore the unknown, to investigate what opportunities exist to evolve. It fuels the acquisition of new skills and is necessary to be able adapt to all things in life.

Curiosity is also the foundation on which meaningful relationships begin and deepen over time.

In order to develop trust with another human, there has to be a sense of understanding who the person is by gaining insight into what is important and meaningful to that person.

Curiosity makes you relatable. People want to believe you and believe they can connect with you. The more relatable you make yourself, the more likely it will be that you can be a positive influence in someone's life.

Curiosity creates the opportunity to connect with someone in a way that is personal and profound. A deeply connected conversation will lead to truthful discovery.

Surface level conversation is far too abundant in today's human interactions, primarily because people have swayed too far into being selfish and distracted, unable to focus long enough on any one thing to cultivate a depth of meaning and beauty. This is a tremendous opportunity for you to stand out and be different in a welcomed way.

Be present.

Be engaged.

Care more about others than you do yourself.

# Leadership Emails

Want the best for everyone (Agape Love) and do all you can to have an understanding of the journey each person is on in their lives and meet them where they are at. Curiosity helps you make that connection.

As many of you know, one of my favorite connecting transition statements is...

*"Mrs. Smith, I am curious..."*

This statement creates a moment of pause while welcoming an opportunity to make a deeper connection through knowledge and understanding.

Share your gift with the world by making a commitment to be more Curious than ever before. Channel your younger self when asking questions and desiring understanding was commonplace day in and day out. My daughter and son remind me of this superpower each and every day, which I am grateful for!

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# Leadership Emails

## What Holds It All Together? (Part 4)

Today, we turn our focus to Compassion, a concept that can mean many different things to many different people depending on their personal opinions, histories, and biases.

I appreciate the way the Merriam-Webster dictionary describes Compassion...

*Sympathetic consciousness of others' distress together with a desire to alleviate it.*

I choose to create the spirit of Compassion because it is active. When we are Compassionate, we want to and attempt to help others.

Empathy, on the other hand, is an internal action in an attempt to understand what another person is feeling and/or experiencing. Empathy begins with benefitting ourselves and can become beneficial to others if we choose to do something with our discoveries.

There are countless ways to show Compassion:

- Offer your help when someone could use a hand.
- Offer kind and encouraging words to others.
- Be fully present in conversation and listen without judgment.
- Offer prayers for others who are struggling or in need.
- Offer an apology when you are in the wrong.
- Lead with (Agape) Love.

Of course, the list of ways to show Compassion is long. In fact, I would love to know what comes to your mind when you think of ways you can act with Compassion. (Please, feel free to send me a message sharing any stories of Compassion in your own life.)

The world needs more Love and Compassion. Your patients deserve your Compassion. And I believe the key to Compassion is to make sure we do not cross the line into becoming an enabler of destructive thoughts or behaviors.

As a team, we could all benefit from offering more Compassion to each other, rather than carrying angst, creating unnecessary drama, and disrupting connectedness.

Compassion, clothed in Love, equals Strength...let's be strong and mighty in our Influence!

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