



# Leadership Emails

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

**April 18 - May 9, 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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## What Holds It All Together? (Part 5)

Today, we put the final touches on this series where we've been highly focused on cultivating personal clarity: clarity on the make-up of who we are and how we're representing ourselves to others.

Who we are and how we are arise out of our intentions, and the difference between our intentions coming to fruition or not depends on our ability to navigate the "highs and lows" of our experiences.

So, what's required for navigating all types of terrain in our lives? The highs and lows, the peaks and valleys, the smooth and bumpy roads?

Two words come to mind: Perseverance and Endurance. These two qualities have the power to determine our outcomes, and perhaps even more importantly, determine whether or not we enjoy our journeys reaching them.

**Perseverance is...**

*Continued effort to do or achieve something despite difficulties, failure, or opposition.*

**Endurance is...**

*The ability or strength to continue or last, especially despite fatigue, stress, or other adverse conditions.*

The common bond between these two words is "continue."

Momentum is everything in the game of life. Come to a dead stop and it becomes infinitely more difficult to get started again...making it more likely that we get stuck in the muck more often...making it more likely that we even start falling backwards into worse situations than we originally found ourselves in.

Action equals energy.

Energy fuels our ability to move.

Motion equals hope: a place for good outcomes to arrive.

Good outcomes are the prize for hard, worthy work.

So, define a "good outcome" in a way that will inspire you to keep up the good fight!

The reason I'm concluding this series with a focus on Perseverance and Endurance is because the moments that call for these qualities tend to be the defining moments in our lives; the catalysts that lead to our most Significant breakthroughs...if we see them through.

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When life is headed in the right direction...

It is easy to get through the “good times.”

It is easy to keep moving forward when momentum is in our favor.

When life is working against us...

It is easy to give in and give up.

It is easy to relinquish hope.

It is easy to be a downer and suck the life out of our relationships.

The choices we make when we’re at odds with life are going to define who we are and how we’re perceived by those we interact with—personally and professionally.

Enduring life’s hardships with strength and courage will lead to other people drawing inspiration from the positive influence we’re creating with our outward actions.

Our choices in both the “good and bad times” will determine where we end up.

Our choices determine the amount of Positive Influence we’ll have on others.

That amount of Positive Influence will determine the Legacy we leave behind.

Thank you for being on this journey with me. I pray you have more clarity than when we began this series. Most importantly, I want you to apply energy to your takeaways so you can create momentum and keep favor on your side.

I promise you one thing: the proverbial “light at the end of the tunnel” is bright if you are willing to stay on the train and enjoy the ride!

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## Identifying Positive Qualities in Yourself and Others

Over the course of the first 17 weeks of this year, I have noticed an interesting trend with team member relationships that I want to share with you as you fight for having a Standard of Excellence for your practice's culture.

We (DST) are blessed to find the “best of the best” when it comes to doctors and team members. You all have it together and have the ambition to want to set the standard when it comes to advocating for your patients' total health. It is the main reason why I choose to come alongside you in this journey!

What has been interesting is I am hearing more and more stories with the theme, *“We have a great team and all get along, but...”*

Whenever the “but” shows up, you know it is not a welcomed situation. The “but” has been in the spirit of personal conflict among team members, and when I say “personal,” I mean it is personal.

This is why I exhaust my efforts to champion the importance of Team Connectedness. If you do not have a positive-minded culture in your practice, you will forever have issues that get in the way of delivering the highest level of patient care possible.

It starts with getting each person to take a breath, agree to commit to thinking the best of everyone, rather than the worst, and being mindful of the words, attitude, energy, and vibe that comes from you in all communication. It's equally important to have each team member agree to not take things personally, which is self-sabotage and leads to self-induced drama.

I believe we all can be mindful about our perspectives on how we see others.

You simply can choose to want the best for all (Agape Love), regardless of your opinion or past history.

Life is tough enough, let alone choosing (it IS a CHOICE!) to make it more difficult by creating your own personal conflicts with others. When one acts with the intention to be destructive, I question the honesty one has about the virtues they claim to embody.

**I am reminded of a message from the book, “Thumbs Up...Heartwarming Stories of Kindness, Faith, Innovation, and Joy,” which was given to me by a friend recently.**

*“It is realistic to (have agape) love (for) everyone, because every human has intrinsic virtue: created in the image of God, and possessing intelligence, vitality, and potential. Associate people with their virtues, and love will come.”*

**The definition of Virtue is...**

*“Behavior showing high moral standards.”*

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Are you acting in alignment with your own list of personal virtues?

Do you have a list you use as a personal barometer to living a life of integrity?

The author goes on to highlight the importance of virtues in those who you choose to be with in life, both past and present.

*"Make a list of virtues. Think of the people you love, and analyze why it's so. Start with the obvious virtues, then work your way toward more difficult ones. Finally, prioritize the list: which virtues are most important? Do this and you'll have more love in your life."*

This message builds on the work we have been doing together as we focus on Excellence, Influence, and Legacy.

What I appreciate about the suggested exercise is it will bring more clarity to whom you are choosing to have in your life. Those you choose are influencing you, one way or another.

Do the people you choose to surround yourself with act in alignment with what you claim to be important to you?

To get you started, I am supplying you with a list of virtues to consider as you ponder this subject. My intent is to encourage you to be more discerning with who you associate with. I hope you have a moment of clarity that will lead you to having a better understanding of why you are being influenced in the way you are, good or bad.

- Acceptance
- Assertiveness
- Caring
- Charitable
- Commitment
- Compassion
- Confidence
- Consideration
- Contentment
- Cooperation
- Courage
- Courtesy
- Creativity
- Determination
- Diligence
- Disciplined
- Enthusiasm
- Excellence
- Flexibility
- Forgiveness
- Friendliness
- Generosity
- Gentleness
- Gracious
- Helpfulness
- Honesty
- Humility
- Integrity
- Joyfulness
- Kindness
- Love (Agape)
- Modesty
- Orderliness
- Patience
- Peacefulness
- Perseverance
- Purposefulness
- Reliability
- Respectfulness
- Responsibility
- Tactful
- Thankfulness
- Trustworthiness
- Truthful
- Understanding
- Wisdom

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## Know What You Are Living For

I'm often asked some version of the following:

*"Kevin, when you ask a question about the meaning of one's life, how do you begin to come up with an answer?"*

I asked this exact same question when I began my therapy sessions with Mary Ann. She would ask me questions that seemed so difficult to answer at the time.

I thought these type of questions were reserved for deep thinkers or philosophers, not me, an average guy who is simply trying to get by in life.

I would eventually gain insight and clarity to these "deep" questions as I worked to simplify the approach I was taking in my thought life.

A good place to begin is by asking yourself...

*"For what am I willing to make sacrifices for?"*

A sacrifice of:

- Time
- Money
- Convenience
- Relationships

Define "sacrifice" however you would like and use this definition as a barometer for the Significance of what is "worth it" to you.

I am willing to sacrifice anything and everything for my wife and children. You may say this is "obvious," yet I would debate you on this, as I know people who would choose themselves and their selfish desires over anyone else in their lives...this is not a given.

I am blessed to have extraordinary examples of people who were willing to sacrifice for what meant the most to them in life. Their actions created a deep-seated commitment to living a service-led life.

I expound upon this topic because I want to be the catalyst for you to have more discernment and make significantly better choices in your life. I made far too many poor choices before I truly understood what "sacrifice" meant when it came to knowing what I was living for...my intended purpose.

Take time in solitude and take inventory of your life.

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**Are your choices in alignment with your purpose?**

**If you do not have clarity about your purpose, then adjust the question to ask whether or not you are making choices that set you up for good outcomes.**

**Better Choices = Better Life**

**Better Life = Better Outlook on Life**

**Better Outlook on Life = Opportunity to Be Positively Influential**

**Positive Influence = Positive Legacy**

**You have total control over the influence you have on others. Take care of yourself first, in order to better take care of others through your Love and Influence.**

**Know what you are living for!**

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## What Is My Contribution to Life?

Your commitment to serving others in the healthcare field gives you a profound opportunity to have significant meaning in the lives of the patients you serve.

Not everyone can clearly see the opportunity, professionally, to have a direct impact. You are already ahead in the game of life when it comes to the opportunity to have positive influence that builds your personal legacy.

Do you believe you have this opportunity to be influential?

Do you believe you are building a legacy through your vocation?

How about in your personal life?

For a long period of time, I doubted my ability to have an impact on others, and surely doubted having the ability to make any meaningful contribution to life. It took a tremendous amount of work to reach the point of believing I have worth and meaning to others.

Today, I do believe I am a force for good and a catalyst for positive outcomes in life. The reason I believe this is because I no longer believe my success is attributed to worldly treasures or an inflated opinion of myself (ego), but rather in the spirit of creating opportunities for others to have a light shine upon their paths in life.

I referenced the book, *"Thumb's Up,"* in my last message, and am moved to share another story from it I found powerful:

*"Graves teach us about life's finality and not to be over-focused on acquisitions or ego.*

*Graves connect us across the generations with love and devotion...bonding parent to child and grandparent to grandchild.*

*Graves remind us that life is important and motivate us to consider our epitaphs.*

*What is my contribution?*

*How will I be remembered?"*

**After reading this short excerpt, how would you answer those questions?**

**Brilliance exists in the analysis of your answers.**

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