



Leadership Emails

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Today...Choose to Be Extraordinary!

May 16 – June 13, 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.

Leadership Emails

Investing in Relationships

We ask our patients to invest in their health, which leads to benefits far beyond the physical improvements. When a human being is in good health and committed to carrying out a healthy maintenance routine, they have built the foundation to be better mentally, emotionally, and spiritually, as well.

How much are you investing into your own health?

How much are you investing into your well-being?

How much are you investing into your personal relationships with others?

Although the list is long, I want to focus two specific actions you can take to invest more in yourself and the relationships you value with others.

Attentive Listening

Imagine what life would be like if we all actually listened to someone. It is a rare act of kindness in today's day and age of distraction.

It displays a willingness to understand.

It displays a commitment to caring in an authentic manner.

It is a posture by which you are showing restraint from simply offering up your opinion when your opinion is not what is wanted in a given moment.

Genuine Curiosity

Whether everyone will admit it or not, we all want to believe there is something interesting about us.

Asking thoughtful questions, because you genuinely want to know, is the difference between investing in relationships and simply using a relationship for your benefit.

The reason this message is important is because if you cannot say, without question, that you are investing in developing meaningful relationships with others, then you are taking from them, or worse, destroying them.

I believe the single greatest destructive force in relationships comes from criticism. Criticism is born out of an empty feeling where one feels the need to tear others down in order to have others join them as they wallow in misery.

Steven Pressfield, in *"War of Art,"* has a powerful point of view when it comes to personal relationships, specifically when you are doing the opposite of investing, which often takes the form of criticizing others.

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"Resistance and Criticism

If you find yourself criticizing other people, you're probably doing it out of Resistance. When we see others beginning to live their authentic selves, it drives us crazy if we have not lived out our own.

Individuals who are realized in their own lives almost never criticize others. If they speak at all, it is to offer encouragement. Watch yourself. Of all the manifestations of Resistance, most only harm ourselves. Criticism and cruelty harm others as well."

If you happen to believe there is any discontent among team members, I would encourage you to print out this message, have everyone read it, and discuss. No one can claim ignorance once they have been welcomed into a conversation meant to inspire healthy and productive relationships.

I encourage you to be still for a moment and have an honest reflection about where you are on the spectrum of "Investment vs. Destruction" when it comes to the relationships you have in your life.

Awareness is the key to positive growth.

Positive growth gives you a chance at living your best life.

What will you choose?

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Leadership Emails

Conscious vs. Unconscious

Recently, I was engaged in a lively discussion with a friend of mine who has a tremendous amount of wisdom that he offers graciously and in the spirit of (agape) Love. His friendship is one of my most cherished blessings in life.

We happened to be collaborating on creating a hypothesis as to why people act the way they do, specifically when it is unwelcome or destructive behavior. It was insightful to explore all of the possibilities since I am always seeking a better understanding of human beings.

There is a specific segment of our conversation I want to share because I believe it will help you gain a better understanding of where you are in your own self-discovery, as well as having more insight into helping others who could use encouragement.

The particular area I want to focus on is the various combinations related to:

Unconscious vs. Conscious

Incompetence vs. Competence

I am entering you into the conversation where a summary is being made about understanding one's current state of awareness and how to move into a state of total consciousness with minimal effort.

This matrix can be applied to any aspect of life. Our conversation was specific to one's personal commitment to extending effort to all things you do in life.

"In the beginning, you definitely have to make a conscious decision to act a certain way, but as you align with yourself, you progress through the stages of competence until it is effortless!"

Unconscious Incompetence:

You're incompetent and don't even know it.

Conscious Incompetence:

You're incompetent and are aware that you are.

Conscious Competence:

You're competent but it takes effort.

Unconscious Competence:

You're so competent that it comes naturally without effort!"

Everyone begins at the Unconscious Incompetence stage. This is the "don't know what you don't know" moment.

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The majority of people are somewhere along the road of Conscious Incompetence and Conscious Competence. This is the period of time where desire, effort, and perseverance exist together.

You have to have the desire to want to “better your best.”

Your desire is followed by consistent effort in order to get through all of the trials and errors necessary to figure out the proper path to take for you to gain the Competence you desire.

Your effort requires perseverance in order to endure the challenges that come along with making significant changes and advancements in life.

A small percentage of people will ever achieve a state of Unconscious Competence because the majority give up too soon by losing the will to keep going. In other words, they have not identified a significant “why” in order to carry out their intended mission. I promise, this is a wonderful place to be and worth all the energy and effort to get there!

These four stages are valuable because it is important to be aware of the stage you are in so you can seek out the necessary people and resources to help you access the next state of your being.

As you read through this, what stage are you are at?

What would help you get closer to the next stage you desire to be at?

Who could help you get closer to the next stage you desire to be at?

There are ample resources available if you know what to look for and spend the time researching options.

There are more people than you realize who want to help you; people who have the knowledge, ability, and proper intention to truly do so. The key is to be discerning of who you allow into your world to offer support.

The exciting reality is this:

You have total control when it comes to your effort in advancing your state of Consciousness in life.

What will you do with it?

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Behavior Never Lies

"I no longer listen to what people say, I just watch what they do. Behavior never lies."

- Winston Churchill

This quote from Churchill is succinct and insightful.

I am often asked how I "read" people so well. The answer is simple: I create no judgment or biased opinions of others.

I simply pay attention and observe one's actions.

Actions = Facts/Truth

Words are meaningless without aligning actions to support one's supposed intentions. Even the most skilled person has limitations of hiding their true selves, especially as they become more and more comfortable in their chosen environments and tribes.

On the journey to Unconscious Competence, it all hinges upon you deploying actions that match your chosen intentions of how you want to live. When repeated, intentionally, it becomes who you are to your core.

People are watching you, whether you realize it or not, as they determine whether you can be trusted or not.

If you were to ask five people in your personal life and five people in your professional life to compare your words with your actions, will they be able to say they match?

If you are willing to be completely honest with yourself, will you say your actions are in harmony with your words?

If "yes," stay the course! Please remain conscious of your own personal mission in life so you act accordingly.

If "no," now is the time to change your ways. Take a moment to give yourself some grace and make a genuine commitment to be true to your word from today forward.

Behavior never lies!

Today...Choose to Be Extraordinary!

Leadership Emails

Now You Are Writing Your Own Story

The other day, I was listening to a podcast focused on human behavior, as I am fascinated with finding analogies others come up with that can help highlight opportunities we all have to make positive adjustments to the circumstances we encounter in life.

Here is a portion of the the core message that was being shared:

“Stop complaining.

You cannot control the winds, but you can adjust your sails!

Life isn't about what happens to you, because then you are a victim, it's about how you react to life.

Now you are writing your own story!”

I bring this message to you today because we are close to the halfway point of the year.

What better time than now to assess where we are at?

To pause, calculate where we are on the map, check what direction our compass is pointing, “adjust our sails” and be certain we are on course for where we want to be going!

Please consider the following questions (or come up with your own) as an opportunity to assess where you are today, so you can determine what you need to do in order to end up wherever it is you want to go:

1. Is life on the right course or have I drifted off course?
2. What will help me stay on course or help me get back on course?
3. What am I trying to control in life that is beyond my control?
4. How can I write my story in a more favorable way?

You choose what your course is in life.

You choose how you respond to all situations you find yourself in through life's journey.

You choose who you have along with you on your journey.

You choose how your story evolves!

Choose wisely!

Today...Choose to Be Extraordinary!

Leadership Emails

Prepared for the Uninvited

Over the course of the next two messages, I want to prepare for an opportunity to create a turning point in life; to pursue insight and wisdom from those you trust and qualify to be the source of such influential messages.

I am reminded of an excerpt from *"The Daily Stoic,"* by Ryan Holiday. He begins by highlighting thoughts from Seneca on how to face life's challenges:

"I may wish to be free from torture, but if the time comes for me to endure it, I'll wish to bear it courageously with bravery and honor.

Wouldn't I prefer not to fall into war? But if war does befall me, I'll wish to carry nobly the wounds, starvation, and other necessities of war.

Neither am I so crazy as to desire illness, but if I must suffer illness, I'll wish to do nothing rash or dishonorable.

The point is not to wish for these adversities, but for the virtue that makes adversities bearable."

Holiday offers the following supportive commentary about Seneca's message:

"We'd be crazy to want to face difficulty in life. But we'd be equally crazy to pretend that it isn't going to happen. Which is why when it knocks on our door, let's make sure we're prepared to answer."

In all the years I have pursued gaining an understanding of my own complexities in life, as well as helping others, I find the majority of people, today, are not prepared for the uninvited. Somewhere along the way, we have lost sight of the importance of making sure we are personally on a solid foundation in life.

Life is going to show up with a continuous flow of unexpected difficulties in varying degrees, so let's put in the effort and intention to be best prepared to face them all!

This is why I spent the first part of our year-long message series on building our foundation. I mapped out the journey I would take you on and knew we would get to this point where all the previous work we have done would serve us well.

When a challenging patient arrives "at your doorstep," are you prepared to handle this person with kindness, grace, and respect?

When a team member decides to create a challenging situation and arrives "at your doorstep," are you prepared to remain calm and in control so you may respond with honor and dignity?

When one of life's unexpected moments shows up "at your doorstep," are you prepared to keep it all in perspective and not overreact so you can handle it with clarity and resolve?

Leadership Emails

To make this message even more personal, I ask you the following question:

Do people in your life consider you a “Welcome Guest” or an “Unwelcome Guest?”

Whatever the answer is, own it, and make a smart decision about what to do to either become or remain a “Welcome Guest!”

I encourage you to continue taking an assessment of where you are in life; determine what wisdom you would benefit from to stay the course by adjusting your sails to allow the wind to be your friend and not your enemy.

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