



Leadership Emails

Leadership Emails

Today...Choose to Be Extraordinary!

June 20 - July 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.

Leadership Emails

Wish for More Wisdom

Seeking wisdom...a lifelong pursuit...one that is worth the time, energy, and effort it takes to identify and trust someone who can become your sage, a guiding light, a mentor.

Having someone you can turn to in moments of uncertainty can make for a dramatically smoother, richer, more joyful journey. Just one nugget of wisdom or word of encouragement from someone can make all the difference during difficult times. Simply put, having a personal sage is tremendously beneficial for everyone, everywhere.

I have been blessed to have had many wise people in my life who have poured into me as I give it my best every single day to be a positive influence on others in all capacities I hold... to be a light that shines bright. I also seek out wisdom indirectly, through books written by people I will never come to know, yet have wisdom to offer from their own experience in life.

The following words of wisdom are from Jim Rohn, an author who has helped open my mind to the reasons why life unfolds the way it does and how to utilize any and all experiences we find ourselves in.

"Don't wish it was easier, wish you were better.

Don't wish for less problems, wish for more skills.

Don't wish for less challenges, wish for more wisdom."

The pursuit of wisdom is what unlocks the chains of despair when you find yourself at a crossroads in life. Whether you find yourself at a moment you would consider "minor" or "major," each situation could benefit from the wisdom of the right person to help you be confident in what you do next when faced with a choice.

The true wisdom in Rohn's words is in alignment with what I, better yet, we (DST), put an immense amount of effort into sharing and promoting on a daily basis.

First, make a commitment to be your best each day regardless of your circumstances in life. Everyone deserves your best. Follow this up with making a commitment to be better the next day than you were today—the Pursuit of Excellence!

Second, make a commitment to learn more skills and sharpen the ones you have, most specifically when it comes to life, relationships, communication, and personal development, which often are overlooked or undervalued. It becomes easier to manage problems in life when you are committed to developing your skills.

Lastly, make a commitment to gain more wisdom from those who have displayed an ability to navigate the complex and mundane circumstances of life. Challenges will always be a part of life. These are the moments that offer the opportunity for personal growth, an increased level of confidence, and a heightened sense of joy and satisfaction about your experiences.

Leadership Emails

I will leave you with a Proverb I hold in high regard, as much of the wisdom I have obtained about life has been through God's word in the Bible.

Proverbs 8:10-11

"Receive my instruction, and not silver;

And knowledge rather than choice gold.

For wisdom is better than rubies;

And all the things that may be desired are not to be compared to it."

Today...Choose to Be Extraordinary!

Leadership Emails

Pause...Reflect...Respond

Wisdom, to many, seems elusive. It is this mystical word that sounds powerful, yet does not have a clear definition, other than it being a trait someone older has about them. Today, I will make an attempt to make it more relatable so we all can assess where our decision-making comes from.

I would venture to say that we all have given a compliment to someone that has a characteristic of being wise.

"She is so knowledgeable."

"He has a tremendous amount of experience."

"She is so understanding."

"He has a lot of common sense."

"She has valuable insight to share."

Any of these compliments would be welcomed. Imagine the combination of these compliments and you can define someone who is wise in a way that makes sense.

When you combine these compliments into one statement, who comes to mind for you?

"He/She is extremely knowledgeable, has a tremendous amount of experience in life, is understanding, has a lot of common sense, and always has valuable insight to share."

As I go through this exercise, I take each compliment above and ponder who falls under each one. Each compliment has a lengthy list of people who I would attribute individual characteristics to.

When I combine them all together, the list shrinks to less than a handful of people I know personally in life.

This takes nothing away from anyone on the first list...it simply proves why those who embody each of the characteristics are valuable beyond measure.

To take it a step further, I believe wisdom is based on one's critical thinking process. What I have learned over time is a simple-to-follow process in order to give me a favorable chance of creating positive outcomes in all situations life throws my way.

Pause.

Reflect.

Respond.

Leadership Emails

Creating some version of this process will allow you to be more thoughtful and confident in your next steps regarding situations you find yourself in on a daily basis. The majority of people submit to their emotions and respond as such. The odds are against you when you adopt this approach.

The reason why the combination of “Pause + Reflect” is so powerful is because it gives you the time and capacity to make connections to all aspects of what is happening in the situation.

Bringing yourself to “Neutral” helps you make sound decisions, as it gets the emotional reaction you are feeling out of the way.

This is a wonderful place to be!

Cheers to you on your pursuit of wisdom!

Today...Choose to Be Extraordinary!

Leadership Emails

Embrace the Uncertainties of Life

I learned a powerful lesson in life during my time with my (wise) therapist when she “forced” me to focus on releasing the hopeless feeling I had about my circumstances in life.

I was faced with making the choice to either remain miserable, trapped in the feeling that I had no say in my life, or to embrace all that life brings my way, so I could release the stress and anxiety of it all and be prepared to make smarter choices.

The foundational truth I needed to come to grips with was that life was always going to be filled with uncertainties, regardless of how much preparation and effort I put into my attempt to exert control over all things in life.

It was arrogant of me to ever think I could have so much say in the matters of life. I had to put my ego in check and humble myself.

The challenge was, how do I do this while continuing to be a source of strength and be a catalyst for good along the way?

At this all-important moment in my journey, I leaned much further into my faith in God as my pathway for living a well-balanced life: a life where I could truly share my gifts to their greatest potential.

I released worry and replaced it with faith.

I released all of the ill will I was harboring for those who had wronged me in the past and replaced those feelings with empathy and grace.

I released the power I handed over to others (as I cared too much about what they thought of me), and replaced it with setting my sights on living in alignment with what I believe God wanted of me.

I released the obligatory feelings of saying “yes” to everything and replaced it with a better process to discern whether saying “yes” to something was in alignment with my beliefs and mission. I constantly remind myself of this principle: when I say “yes” to something, I am saying “no” to something else.

The list goes on, as my epiphanies have been innumerable since I really began paying attention to myself and how I responded to the world (beginning back in 2001/2002).

My questions for you are...

What can you release so you can embrace the uncertainties of life?

And once you have identified it...

What can you replace it with?

Leadership Emails

There is a tremendous amount of value in the time spent exploring these questions for yourself. I encourage you to share this message with someone who could use the encouragement to take more initiative in their life. Have a conversation about your journey of self-discovery and encourage someone you care about to do the same.

Be a light!

Seth Godin describes three important and specific characteristics of a person who would be considered a “Linchpin” within an organization...there is wisdom here that aligns with today’s message.

This person...

“Makes useful decisions without angst.

Is Flexible in the face of change.

Is Resilient in the face of confusion.”

How would someone describe you?

It always helps to take a look at yourself and be honest with what you see!

Mirror, mirror, on the wall...WHO is this staring back at me behind my own wall?

Powerful questions to ponder!

Today...Choose to Be Extraordinary!

Leadership Emails

Cultivate Empathy

One of the single greatest roadblocks to acquiring Wisdom and using it for the good of all is when we are unable to see the world through the eyes of others, and instead, look at life's circumstances through a singular, self-centered lens.

For those who pay close attention, identifying someone who has a self-serving approach to life is obvious and creates a barrier to developing trust and respect. The key is to make "The Shift" into a mindset and approach of Agape Love (wanting the best for everyone without judgment).

You may ask, where does one apply their focus and effort in their commitment to be a force for good?

I would choose to Cultivate Empathy.

Let's ponder the definitions in order to have a clear understanding of the spirit for this discussion.

Cultivate: to acquire or develop a quality, sentiment, or skill.

Empathy: the ability to understand and share the feelings of another.

Please do not confuse Empathy with Sympathy, which is more of a feeling of pity for another...as in feeling relief that we do not have the same problem(s) as another.

Choosing to have the desire to gain awareness and understanding of people and circumstances is the beginning of Empathy. We have to WANT to gain an unbiased perspective and understanding before we can ever offer it.

The fine line is to make sure we do not become so empathetic that we become an enabler of bad habits and actions. We must avoid becoming emotionally involved so we can maintain a measured approach to all the moving parts that come with a particular situation. We want to maintain a healthy distance in others' situations so we can be a source of reason and comfort, with clear limitations for our active participation.

Gracefully walking this fine line sounds complex, but in fact, can be so simple:

- Begin by thinking the best of others.
- Put in the effort to see a situation from all sides, not just our own.
- Take nothing personally.
- See the opportunity for good in all things.
- Be a catalyst for good.

Leadership Emails

And there we have it! A simple approach to Cultivate Empathy for others in our pursuit to be full of light for those we have the honor of interacting with on a daily basis...including ourselves!

I'll leave you with my simple, personal mantra for each interaction I am blessed to experience:

"I want others to be better off for having spent time with me than had they not spent time with me at all."

Each and every day, I pray for the strength and resolve to stay true to my mission...I hope my light shines brightly for others!

Today...Choose to Be Extraordinary!