



Leadership Emails

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Today...Choose to Be Extraordinary!

July 18 - August 15, 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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Learn From the Past

Far too often someone will say, *"Do not dwell on the past."* For the most part, I believe there are good intentions in the saying, although "good" is not necessarily "wise."

What Wisdom lies in the past?

What benefits await us if we "linger" for a moment and assess where we came from by analyzing the experiences we have been through?

The irony of the oft-used statement about dwelling in the past is misleading because the word "dwell" can be interpreted in many ways.

According to Merriam-Webster, to DWELL is:

1. To remain for a time.
2. To exist, lie.
3. To keep the attention directed.

Dwelling on the past...NOT staying STUCK in the past...provides you an opportunity to learn from people and circumstances you have experienced along your journey in life. The important commitment to make is having the intention to LEARN, not wallow or feel sorry for yourself. You want the time spent "dwelling" to be positive, encouraging, and uplifting.

Again, according to Merriam-Webster, to LEARN is:

1. To gain knowledge or understanding of or skill in by study, instruction, or experience.
2. To come to be able.
3. To come to realize.
4. To come to know.

Any opportunity to learn and advance in your decision making skills is well worth the time spent in study and reflection. Give yourself the opportunity to ask and answer...

How would I handle this differently today than back when it happened?

This is an extremely valuable question to ask yourself about all things. There is a tremendous amount of value in honing your critical thinking skills, which are largely based upon experiences you have had, both "good" and "bad."

There is no reason to fear the past...unless you plan on repeating it.

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There is a reason people say, *"History repeats itself."* The reason is that people forget, or worse, choose to ignore it, thinking things will be magically different in the future with no effort or catalyst for producing a more favorable outcome.

Friends, I encourage you to SLOW DOWN!

Find time to spend in solitude and use it wisely...see what I did there?

For emphasis:

- **USE IT (your time) WISELY!**
- **God granted you the free will to choose how you go about life...the decisions you make.**
- **You have complete control over your thoughts and actions.**
- **You have complete control over how you spend your time.**
- **You have complete control over who you spend time with.**
- **You have complete control over how you respond to everyday occurrences in life.**
- **You have control over YOU!...and that is what matters most of all!**

How will you use your past as your "friend" and not as your "enemy?"

Time will tell: as the Future proves your Pasts, and the Past proves your Futures.

Choose to enjoy spending time with your past self...your future self depends upon it!

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Be Open to New Ideas

Read this carefully: an open mind to New Ideas is the key to maximizing opportunity that exists today and in the future. The limiting factor in maximizing unlimited opportunity is an unhealthy Ego, as it is what stands in the way of recognizing what is possible.

An unhealthy Ego gets in the way of receiving Wisdom for bettering yourself and circumstances in life.

Someone with an unhealthy Ego believes they have it all figured out.

Someone with an unhealthy Ego believes they know best.

Someone with an unhealthy Ego believes everyone should bend to their will regardless of being right or wrong.

Alternatively...

Having a healthy Ego means you are courageous enough to brave the unknown; navigating uncharted waters with confidence and curiosity.

Having a healthy Ego helps you remain calm and maintain clarity of mind, knowing you do not have to have all of the answers. You genuinely welcome new suggestions and ideas to ponder in order to come as close as possible to an ideal outcome for all.

Having a healthy Ego allows you to make smart decisions because you are not seeking the recognition for having the “winning” idea. Instead, your mission is to remain humble and offer credit where credit is due, for the result outweighs the notoriety.

As confident as I am in my ability to make smart decisions through patience and discernment, I recognize the importance of pausing so I can be still, in the moment, and seek Wisdom. I create space, big or small, to work on getting to a state of “neutral” and turn it over in prayer to God. At this stage, I begin to pay attention and process all that comes next in order to be confident in my next step.

One of the top reasons a team does not experience success when joining us (DST), and do not develop a collaborative relationship in pursuit of bettering our best, is an out of control “Team Ego.” These teams believe they know best, and, “How dare someone suggest they could do better...” It is an unattractive existence and predicts future disappoint and failure.

The best teams welcome a fresh perspective, embracing the opportunity to try new ideas that are in alignment with their mission and vision. It is not simply for the sake of new ideas, but instead, it is for the sake of the RIGHT ideas that lead to SMART decisions.

In the end, this concept is oh so simple: be open to new ideas, especially when they are not your own, as you never know where brilliance awaits you!

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Intuitive Logic

We've all been blessed with a brain, but the MIND is the invisible gathering place where we hold onto all things we learn and experience. Some choose to tend the garden of the mind more than others; no judgment one way or another.

Our mind, this collection of knowledge and interpretation, is the soil from which all opinions, decisions, and critical thinking skills spring forth. It's astonishing how much influence our mind has in dictating how life plays out for each of us...it's the majority, maybe even the entirety, of our human experience.

To complement the brain in feeding the mind, we've been blessed with a powerful, mysterious, internal mechanism to help guide us through life: intuition.

The "enemy" of our mind and intuition is unbridled reactivity: unhealthy emotional patterns.

We can fuel this "enemy" by working hard to find reasons, justifications for the decisions we make. Or, we can place those same efforts into training the mind to effortlessly make decisions for us.

I can attest to the power of "trusting your gut." For most of my life, I exclusively used logic and reinforced emotional responses from myself and others (ignoring what my "gut" was telling me) as the basis for my decisions—far too many of which did not serve me well.

Now, I am grateful to be making decisions based in the balance of both Logic and Intuition... the two halves of Mind working in harmony...Wisdom.

Seeking the truth and speaking the truth—with kindness, respect and positive intention—is what has changed everything for me. Personally, I have been able to see through the "fog" by releasing my emotional connection to situations I find myself in throughout any given day.

Pause.

Reflect.

Get to neutral.

Discern.

Decide.

Take action.

This is my intention: to work from a solid foundation in pursuit of favorable outcomes for all.

How are you doing—today—at empowering your mind to embrace intuitive logic?

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Live in Accordance With Your Values

Today, I am wrapping up our mini-series focused on Wisdom, a topic that could have an entire year dedicated to it. The collection of messages over the last two months have been meant to stir something inside of you; to inspire you to seek Wisdom and understanding in a more fervent way than ever before.

A wealth of information creates a poverty of attention—in an age of unlimited information, it's paramount for us to focus on messages that speak to our souls and light our paths.

In case you're in a moment where you're wishing for such a message, I'm encouraging you to find it right now—to find it within. Stop. Pause. And assess the course of your life. To feel a connection with Wisdom, it is important to first know if we are moving along its tracks.

Let me offer some insight that's helped me in my own journey...

In the early stages of my therapy work, Mary Ann helped me establish some basic principles (Values) to draw upon when setting the course for where we would go in our time together; exploring my past to shed light on my current state of mind in order to lead us in the right direction to creating a better future version of myself.

At that exact moment in my life, it was extremely difficult to establish much of anything. That's how lost and confused I was. In the end, I drew into my relationship with God, who had already laid out some time-tested foundational guidelines for living a life of honor and integrity. Establishing this foundation with Mary Ann is what gave me the structure to go about life in search of the Wisdom necessary to be better and do better...for me and everyone else I choose to have in my life.

Values established...next!

Once you have established your Values—your guiding light, your compass—it becomes easier to live in accordance with your Values. Seems obvious, right? Consider it further: if your Values are undefined or unclear, your actions are tied to random, in-the-moment thought patterns...versus...a well-established pathway filled with checkpoints and markers to give you references to reflect upon and confirm whether you're in personal alignment or not.

Just the slightest drift off course will lead you to a completely different destination—small rudders steer big ships. Be the captain of yours: refer to your compass often, chart your progress, and be the master of your map by identifying smart adjustments when the moments arise. And, metaphorically speaking, pay attention to the changing winds and weather in your life; use it to your advantage.

If you're looking for a place to start, seeking Wisdom from trusted sources is a critical component to living a life worth remembering. If you're inspired to inquire, I'm always happy to recommend sources that've worked for me, as well as sources I've seen work for others. Now, let's all go live life with intention and not leave so much to chance!

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If (Part 1)

I am creating a 4-part series focused on breaking down the powerful poem, “If,” by Rudyard Kipling (1865-1936). Kipling, author of “*The Jungle Book*” and winner of the Nobel Prize in Literature, had incredible talent and insight; all of which still rings true over a century later. There’s nothing that needs adding to his work—my intention with this series is to highlight how his wise words can help guide us through a plethora of circumstances and situations.

What I appreciate most about the title, “If,” is how Kipling incorporates it throughout the piece, highlighting his observations as real opportunities we all can choose to partake in. In other words: nothing is impossible. In fact, it is all possible IF we decide to choose the narrow path.

If
(Excerpt No. 1)

*If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or, being hated, don't give way to hating,
And yet don't look too good, nor talk too wise;*

Kipling begins by emphasizing the importance of us standing firm in our convictions, while not being so arrogant as to be closed-minded to an alternative way of viewing situations and circumstances in life. The encouragement to rest confidently in our morals and standards is a breath of fresh air. It's so easy to stoop to the level of those who want to be a destructive force in life.

*“If you can keep your head when all about you
Are losing theirs and blaming it on you;”*

Remain calm and steady in the face of uncertainty, for if we do, we'll find ourselves more at peace in the midst of chaos; making better decisions in the moments when the noise is loudest and pressure most intense. Far too many people cannot keep it together, and instead, default to acting purely out of reactive emotion; this rarely leads to a positive outcome. And of course, don't worry about “blame,” as the TRUTH always wins in the end!

*“If you can trust yourself when all men doubt you,
But make allowance for their doubting too;”*

A powerfully simple concept: trust intuition while being open to perspectives, because a positive outcome is what matters more than us being “right.”

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*"If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,"*

As the saying goes, "Patience is a virtue." People tend to get themselves into precarious situations when they rush through everything. Seek a pace that promotes peace, and be mindful to take pause we the situation calls for it. Our internal knowingness will tell us when to be patient, it's just a matter of how well we listen and RESPOND to it. In the end, patience will prevail...respond versus react. By all means, you and I cannot allow ourselves to fall into a pit of lies, as we'll only find ourselves in poor company. As I already stated, the TRUTH will always reveal the true character and intentions of people.

*"Or, being hated, don't give way to hating,
And yet don't look too good, nor talk too wise;"*

Hate is destructive and full of darkness. Fend it off when it arrives at your doorstep and avoid falling into the dark chasm of evil, as it is hard to return from this state of being. In conjunction with the avoidance of hate, stay in the spirit of humility—to not get caught up in arrogance—which is its own destructive and repelling force.

Kipling's poem sings in concert with the series I created focused on building our "foundation and framework," where we applied effort toward being aware of what it is we believe in, who we are as a person, and how it is we're perceived by the world through our words and actions.

I encourage you to create your own stanza in the spirit of Kipling's writing style. In your own words, emphasize something meaningful to you as a daily reminder to remain committed, even when life throws shade your way.

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