



Leadership Emails

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Today...Choose to Be Extraordinary!

September 19 - October 10, 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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Find an Opportunity To...

As I was spending time in solitude, preparing for my day, I was moved by the Spirit of Simplicity.

I had this overwhelming feeling to create a message for all of you so each of you know you have someone who is in your corner, cheering you on, as you go about life with the intention to be a positive influence for others.

I encourage you to find an opportunity today to be a Force for Good.

Find an opportunity to be Kind to someone.

Find an opportunity to offer someone Patience.

Find an opportunity to be Humble as you offer Encouragement to someone.

Find an opportunity to speak the Truth.

Find an opportunity to Protect someone from the harmful words and ways of others.

Find an opportunity to offer Hope to someone who could use it.

Find an opportunity to display (Agape) Love...show someone how dearly you want the BEST for them!

Be Good.

Do Good.

Create Good.

Be a Light unto others.

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Look at Your Legacy

Last week, I was honored to spend time with many of the best and brightest doctors in the country as we assembled in Georgia for DST's annual retreat. Our mission is to create an environment where everyone in attendance has the opportunity to remove all of life's daily distractions in order to create the mental space to gain clarity on their priorities for the future. The most important aspect of this event is that it is all about creating awareness around the importance of each person as a wonderful, worthy human being—first and foremost and above all else—so then our actions can be in total alignment with life's commitments. It is one of my favorite moments of the year!

Each year, on Saturday morning, I have the honor of delivering a brand new presentation with the intention to help everyone connect more intimately with their purpose in life. This year, I chose to focus on Legacy: specifically, the DAILY Legacy we ALL create each and every day. I am convinced the majority of people are not fully aware of the impact we have each and every day we are blessed to wake up and share our God-given gifts...should we choose to do so.

Legacy is NOT about your professional title.

Legacy is NOT about how much money you leave others when you pass.

Legacy is NOT about having your name plastered on the wall of some sterile institution.

Legacy is something you leave behind deep in the soul of other people.

Let's explore a basic definition of Legacy:

"The long-lasting impact of particular events, actions, etc. that took place in the past, or of a person's life."

IMPACT—that is the key word in the definition.

A short list of components for your own Legacy can include:

- Your life story.
- The lessons you have learned.
- Your values and beliefs.
- Your hopes and dreams.

These components are passed along through your words and actions.

How you are viewed by others will be determined by how you went about treating other people you encounter on a daily basis.

The Legacy you are creating is influenced by your experiences from the past.

People in your life have been influencing you since the moment you were born.

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I want to leave you with some questions; my intention is to guide you through taking an assessment of where you stand today with regard to WHAT has influenced you this far in your journey through life.

Through this assessment, you will have more clarity and understanding of what you are leaving behind to others who choose to be in your orbit of influence.

Whether you believe it or not, you ARE creating your own Legacy, DAILY, so I encourage you to take heed and do the best you can with the gift of Influence that you have been given.

Enjoy the time in self-reflection, should you choose to come along with me in this exercise. I promise you, those who are in your life TODAY and those who will cross paths with you in the future will appreciate the attention and effort you give to offering a long-lasting, positive influence: for now and evermore.

1. What has been Passed on to you from the Past?

I want you to think big and broad...Generation to Generation...the “Good” and the “Bad.”

Identify the “Good” that you want continue the expansion of Generational Greatness.

Identify the “Bad” where you can break the Generational Curse that plagues those in your family lineage.

2. What about your Past needs Accepting?

3. What about your Past is worthy of Celebration?

4. What about your Past do you want to Let Go?

5. What about your Past do you want to Let Grow?

There may be moments where it is hard to face the reality of what you have experienced... embrace it and use those emotions as catalysts to make changes for the good of all.

There will be moments of joy and elation...embrace reflecting on the positive memories and use it all as fuel to expand the “Good” you have experienced from those who have influenced you.

Each day matters.

Each moment with another human matters.

Will you choose to be a force for the “Good?”

Choose wisely!

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Look at Lee's Legacy (Part 1)

Today, we begin by embarking on a journey exploring the lessons of Bruce Lee as told by his daughter, Shannon Lee, who wanted to share her father's teaching from her perspective as a means to carry on his legacy.

To me, this book is an extraordinary example of writing a "Legacy Letter" for the impact another human being had in your life. Coming off the momentum of our latest gathering, I chose this book purposefully because of the example Bruce Lee set for himself to live a life full of light and love.

Today, we are going to explore the basic tenet in the summary, which is in the title of the book, "Be Water, My Friend."

Chapter One, "The Water Way," begins by advocating for the importance of being adaptable to all circumstances and occurrences in life.

Lee was known for his ability to excel because he was willing to take everything in so he could process the way to a good outcome. He was flexible and held no emotional commitment to an idea or action because he only wanted what was best for all.

Lee displayed this in his pursuit of mastery in his martial arts discipline, as well as with people and situations in his everyday life. His connection with "Be Water" was principled in the fact that water figures out how to navigate the landscape as it finds itself maneuvering towards its ultimate destination. Water goes over, under, around, and through in order to reach its destination.

Shannon Lee shares a powerful excerpt from her father's teachings:

"At its essence, water flows. It finds its way around (or even through) obstacles. My father would call this having 'no limitations.' Water is present to its circumstances and surroundings and therefore ready to move in any direction that allows its passage. That opens and pliability means it is simply being wholly itself. To be like water, then, is to realize your most whole, natural, and actualized self where you are living as much as possible in the slipstream of life as you forge your own path forward."

My favorite reminder is that we have "no limitations." The possibilities in life are limitless if we choose to see things from the perspective of everything being a gift of opportunity. In order to take advantage of this, it is important to be aware, to live presently in every moment of life. Shannon Lee highlights the importance of her father, "choosing to live life consciously, purposefully, intentionally."

"For many of us, life happens to us. We get trapped in unconscious patterns of living and forget that there are, in fact, many choices and many ways to be fully involved in the creation of our lives. To say it another way, we want to be fully alive versus merely subsisting. And to do that, we have to be paying attention."

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There is only so much of life we can control.

Those who are aware of this fact of life and accept its limitations are set up to respond to it most effectively; with the highest probability of successful outcomes.

Shannon Lee asks two poignant questions I found useful for my own current stage of life:

- Where can I see a path opening up in the wake of a challenge?
- How much can I enact my will toward whatever goals I have, while at the same time making space for what is actually happening, in the midst of life's journey?

Find a question that connects deeply to your core for where you are currently at in life and swim with it.

Allowing your attention and presence in any given moment provides the opportunity to "Be Water, My Friend."

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Look at Lee's Legacy (Part 2)

"The usefulness of a cup is in its emptiness."

What a thought-provoking way to begin the second chapter titled, "The Empty Cup," of Shannon Lee's book, "Be Water, My Friend." A full cup has no room for anything else; creating a rhythm of "filling up" and "emptying" your own cup will help you expand your pursuit of raising your Standard of Excellence in all aspects of life.

Shannon Lee shares a powerful story that most everyone reading this message can relate to. I will share it in a moment, but before I do, it is important to set the stage by identifying the process Bruce Lee used personally and taught to all of his students.

First, you must Empty Your Mind.

"This first request is perhaps the most important one in our process because it sets us up for everything that comes next. My father believed that this act...of leaving behind the burdens of one's preconceived opinions and conclusions...had in itself a liberating power. In fact, if this step is the only one you actively work on for a while, you will expand your life considerably."

In all the work I do with people, the greatest limitation lies within the fact that they are too arrogant to believe there could be a better way to a beneficial outcome...arrogant, egotistical, whatever you want to call it, they simply have to "be right." Humility escapes them. Empty your mind and you will be blessed with the gift of Wisdom!

The next two steps in Lee's process are "Finding Neutrality" and "Choiceless Awareness." You will recognize a common theme to Lee's approach, which is in alignment with countless messages I have shared with you over the years about getting yourself to "neutral" so you can see things more clearly. Release your preconceived notions and biases in order to see yourself and situations with "fresh eyes."

Here is what Shannon Lee writes on Choiceless Awareness...

"The idea is to have awareness of all that is happening around you and within you without judging it, without making a choice or creating a story about it while maintaining full awareness of it. See it purely for what it is. Experience it fully so that you can have a total experience rather than a partial (and therefore limited) one."

Without judgment...another downfall of humanity. The amount of judging that happens within dental practices is alarming. Patients are judged. Team members are judged. Doctors are judged. Outside influences who want to help are judged, including us (DST). Placing judgment is another form of ego: you know best, your opinion is the only one that matters. It is unhealthy and results in trouble for those who hang onto it too tightly.

Shannon Lee shares a powerful and relatable story, which I hope encourages you to take pause and reflect on its relevance in your life...

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“Consider the situation when you see someone who annoys you coming over to talk to you. Because that person annoys you, you are prepared to be annoyed before they even open their mouths. But what if you were to drop your judgment and open yourself fully to the experience? Perhaps in having the ability to just stand back and observe this person without judgment, you might pinpoint what it is that annoys you so much, and you might go even further and figure out why that annoys you. And, more important, you might find out something about yourself in the process.”

One of the greatest commitments I ever made to myself was when I let go of my ego, became brutally honest with myself, and made the choice to do something about it...to change the course of what my future self would look like.

I was able to make “The Shift” because I recognized it was based in self-love and not self-judgment.

“The Shift” allowed me to see the world differently than ever before...I saw it through the lens of (Agape) Love, as I have always wanted the best for all, I simply didn’t know how to offer this energy to others effectively.

“Choiceless Awareness,” what a powerful approach to your daily life...will you choose it?

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