



# Leadership Emails

# Leadership Emails

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

**October 17 - November 14, 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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## Look at Lee's Legacy (Part 3)

The beauty of life is that it brings opportunity for lessons, growth, and wisdom at everything turn. Of course, we have to make a choice to see and experience what life brings our way. Otherwise, we are simply meandering through it all, missing out on moments that are anywhere from simple to life-changing. Awareness has been one of the greatest skills I have developed with the help of my therapist, Mary Ann. I will forever be grateful for how I see the world; having removed the blinders I once had fixated on my being.

In chapter two, "The Eternal Student," of the book, "Be Water, My Friend," it begins with the quote...

*"Life itself is your teacher, and you are in a constant state of Learning."*

The most significant word in this sentence is "constant." Every moment provides an opportunity for discovery: moments with your loved ones, in your professional engagements, in solitude, and everything in between as you traverse your use of time during any given day.

Back to Lee's observation...

*"My life it seems is a life of self-examination: a self-peeling of myself, bit-by-bit, day-by-day. More and more it's becoming simple to me as a human being, more and more I search myself, and more and more I see clearly. I am happy because I am growing daily and honestly don't know where my ultimate limits lie. To be certain, every day there can be a revelation or a new discovery that I can obtain."*

I have yet to meet anyone who knows where personal limits end. I find this to be one of the most fascinating opportunities for all of us. We are capable far beyond our understanding. Whether we ever test our personal limits is a choice, one most choose to ignore. This is why those who choose to be Champions always stand out and are looked to as leaders.

Lee continues...

*"Remember, I am no teacher; I can merely be a signpost for a traveler who is lost. It is up to you to decide on the direction. All I can offer is an experience but never a conclusion, so even what I have said needs to be thoroughly examined by you. I might be able to help you to discover and examine your problem by awakening your awareness. A teacher, a good teacher that is, functions as a pointer to truth but not a giver of truth."*

Humble.

Insightful.

Powerful.

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**My version of Lee's personal philosophy focuses on being a catalyst for good...to be a light shining upon another's path.**

**I focus on taking opportunities to introduce ideas tied to possibilities in life. I want people to discover how much life has to offer and how they have influence on what they experience.**

**The last excerpt I want to share from this chapter focuses on discovery...**

*"Learning is a discovery, the discovery of the cause of our ignorance; it is discovering what is there in us. When we discover, we are uncovering our own abilities, our own eyes, in order to find our potential, to see what is going on, to discover how to enlarge our lives, to find means at our disposal to help us cope and grow. Don't be in a hurry to 'fix' things, rather, enrich your understanding in the ever-going process of discovery and find more of the cause of your ignorance."*

**Two key words: discovery and source.**

**Whether seeking opportunities or solutions to problems, it is critical to get to the source by asking "why" multiple times to uncover the foundational principle. The majority of people stop at the first discovery, yet, the first discovery tends to be a superficial "answer" that is equivalent to a "band aid" solution.**

**Seek deeper answers.**

**Pursue wisdom from trusted sources.**

**Use your gift of discernment (gut-level intuition).**

**Be alert and aware.**

**Choose to create your own goodness.**

**Be a forever student...life has many answers awaiting your discovery!**

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## Look at Lee's Legacy (Part 4)

Steven Pressfield introduced a powerful truth about our personal struggles by bringing to life the internal battle we have within our own minds: Resistance.

Resistance is a powerful opponent we face each and every day. Resistance wants to take us out at every turn. Pressfield's book, "War of Art," is a modern day survival guide for battling our internal opponent.

Lee also pontificates on this concept in chapter four, "The Opponent," focused on interactions with other people...

*"To know oneself is to study oneself in action with another person."*

*"It is not a shame to be knocked down by other people. The important thing is to ask when being knocked down, 'Why am I being knocked down?' If a person can reflect in this way, then there is hope for that person."*

**We tend to get so caught up in a given moment that we can't see beyond what just happened.**

**These moments are a gift to seek wisdom that can change the way we respond to similar people and interactions in the future.**

**Questions to help you explore your thoughts and feelings include:**

- Why does this bother me so much?
- Why do I care so much about this person's opinion of me?
- Why is this happening?
- What lesson can I take away from this?
- Who handles these situations well so I can seek advice to respond in a similar fashion?

**I encourage you to read Bruce Lee's observation as many times as necessary to understand the power in his question...then create your own list of questions that can help you in your own pursuit of self-discovery.**

*"Why am I being knocked down?"*

**The majority of people get all caught up in having been "knocked down" and wallowing in the emotions of the experience, rather than dusting themselves off and reflecting on why it happened so they can better handle it, or something like it, in the future.**

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**Stand firm in your strength and resolve.**

**Seek truth and wisdom.**

**Choose to respond to life's experiences with courage and confidence.**

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## Look at Lee's Legacy (Part 5)

So far, we have been exploring concepts and philosophy from the book, *"Be Water, My Friend,"* as told by Bruce Lee's daughter, Shannon Lee.

In Chapter five, *"The Tools,"* Lee shifts into explaining his tactical approach to growing and expanding in his life.

*"I fear not the man who has practiced ten thousand kicks once. But I fear the man who has practiced one kick ten thousand times."*

We could end the message right here and the principle above would serve you well, and serve you infinitely. Practicing the foundational principles in all aspects of life allow you to focus on fewer, more influential actions that lead to good outcomes.

Bruce Lee describes "tools" he used in his personal journey of self-discovery and self-improvement.

### Tool 1

Take Aim

### Tool 2

Take Action

### Tool 3

Affirm

### Tool 4

Be Symbolic

### Tool 5

Journal

### Tool 6

Get Physical

Bruce Lee was able to achieve extraordinary accomplishments because he focused an immense amount of effort on the process of mental toughness and discipline. Of his six tools, I want to expand upon Tool 3: Affirm.

Lee used seven affirmations, as a complete and connected ecosystem, in order to remain Resolute in his commitment to his Standard of Excellence. His daughter deciding to share these personal statements in, *"Be Water, My Friend,"* is a beautiful gesture as a means to encourage each of us to develop our own ecosystem of reinforcement to navigate each day.

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Bruce Lee's seven affirmations all revolved around the following aspects of his self:

**Affirmation 1**

Memory

**Affirmation 2**

Subconscious Mind

**Affirmation 3**

Imagination

**Affirmation 4**

Emotion

**Affirmation 5**

Reason

**Affirmation 6**

Conscience

**Affirmation 7**

Willpower

**Although all these affirmations are powerful, I am going to focus on the last: Willpower.**

*"The power of will is the Supreme Court over all other departments of my mind. I will exercise it daily when I need the urge to action for any purpose, and I will form habits designed to bring the power of my will into action at least once daily."*

**One of the core differences between Champions and those who nearly become Champions, is having the willpower to push through the challenges you face in life.**

**Endurance.**

**Being resolute.**

**Deciding to not give up or settle.**

**Willpower is a choice...and a mighty one at that.**

**When you need to get to the other side of a situation in life, willpower will get you through it. Willpower will lead you to the steps necessary to create a better, more welcome outcome.**

**Choose to be powerful through self-mastery.**

**Be courageous as you create and evolve your own set of tools and processes for navigating all life has to offer.**

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## Look at Lee's Legacy (Part 6)

Ryan Holiday wrote a book titled, *"The Obstacle is the Way."* The premise of the book was to create a guide for your effort to turn obstacles into opportunities by being resolute and resourceful in the pursuit of your desired goals and outcomes in life. It is a wonderful read based in stoic principles.

Bruce Lee also highlights the reality of obstacles in life and how important it is to navigate them quickly and precisely. We can turn back to *"Be Water, My Friend,"* for his guidance.

In chapter six, *"The Obstacle,"* Lee shares encouragement about overcoming them...

*"Believe me that in every big thing or achievement there are always obstacles, big or small, and the reaction one shows to such obstacles is what counts, not the obstacle itself. There is no such thing as defeat until you admit it to yourself, but not until then!"*

Lee's message is a powerful reminder about the battle we face every day with Resistance, highlighted by Steven Pressfield in, *"War of Art,"* and why it shows up so often: we all are on a worthy mission in life, which is exactly what Resistance wants to derail!

Lee goes on to reference the moment of being "knocked down" along with the importance of how to work through your own process of getting back up and at it!

*"It is not a shame to be knocked down. The important thing is to ask when you're being knocked down, 'why am I being knocked down?' If a person can reflect in this way, then there is hope for this person. Defeat is a state of mind; no one is ever defeated until defeat has been accepted as a reality. To me, defeat in anything is merely temporary, and its punishment is but an urge for me to exert greater effort to achieve my goal. Defeat simply tells me that something is wrong in my doing; it is a path leading to success and truth."*

The last sentence struck me at my core. When an undesirable outcome has arrived, pausing to ask about our own doing is instructive:

- What was my contribution in this matter?
- What could I do differently to avoid "defeat" the next time?

We are quick to blame everyone and everything other than ourselves. When we accept the responsibility for our role in the outcome, it frees up all that would hold us back (Resistance) from pressing on.

The obstacle is the way...to enlightenment.

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## Look at Lee's Legacy (Part 7)

Today, I am concluding my breakdown of the book, *"Be Water, My Friend,"* by expounding upon its seventh chapter, *"The Rainstorm."*

Life is unpredictable.

There will be ups and downs.

There will be plateaus.

There will be moments of elation.

There will be moments of sorrow.

We never know when any of these moments will arrive unannounced.

There is one skill you can develop that will help you maintain consistency regardless of what life throws at you, and that is having control of your ability to shine your own light.

Bruce Lee speaks eloquently about this skill set. You always, always have the choice to shine your light onto any situation you find yourself in...especially when the moment seems to offer no natural light of its own to guide you back to a place of peace and contentment.

Lee states...

*"No matter what, you must let your inner light guide you out of darkness."*

The older I get, the more I encounter moments of darkness. It is at this stage of life that I am grateful to have practiced long enough to develop the skill to shine my light brightly for others and myself.

The challenge I routinely face is to remember that I have the ability and control to do so.

Regardless of how dire a situation may be, you can see your way through it.

Shine your light.

Regardless of how difficult your journey may be right now, you can find a pathway to lead you to goodness.

Shine your light.

Regardless of how hopeless a situation may be, you can create a new sense of delight for better outcomes to arise.

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**Shine your light.**

**You have a gift inside you that is available in any given moment.**

**It is available to you.**

**It is available to others.**

**It is a gift from God...Light!**

**I am reminded of a lyric in a song I that brings me hope and inspiration...**

*Let your light shine.*

*Let your light shine.*

*For all to see.*

*Start a fire in my soul.*

*Fan the flame and let it grow.*

*No, there's no doubt or denying.*

*Let it burn so brightly.*

*For all the world to see.*

*Yes, it's you...yes, it's you that I see.*

*Light a fire in me.*

**Let that sink in and be a reminder of what you are capable of...Shine Your Light!**

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