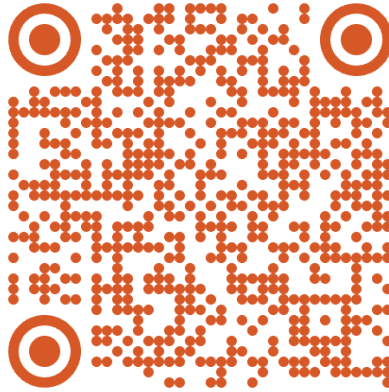


# Leadership Emails



**June 19 – July 10**

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

Generosity Wins (Part 1)

Generosity Wins (Part 2)

Insights Into Mind Management (Part 1)

Insights Into Mind Management (Part 2)

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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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# Leadership Emails

## Generosity Wins (Part 1)

It was wonderful to read the responses to last week's request to share your thoughts about Generosity (based upon the 3 questions I posed to you all). Each person had their own personal touch on Generosity's definition. What I enjoyed the most was reading the examples of Generosity others have experienced in life. Thanks to all who chose to respond...your thoughts and stories made my week!

Taking the next step in exploring the topic of Generosity, I want to encourage everyone to seek out resources that help us expand and/or reinforce our thoughts on how we can be Generous toward all; including those inside and outside our inner circles.

Earlier this year, I was introduced to the authors of a book titled, "*Generosity Wins*." Both authors have accomplished much in life and have committed to sharing their journey with others through this excellent book.

The authors begin by sharing a definition of Generosity. I appreciate their bold commitment on the very first page where they invoke readers to, "*radically redefine and reposition Generosity*."

Here's their definition of Generosity:

*"Any act of kindness or support, given with no expectation of exchange or return from the recipient(s). There are limitless meaningful ways to be Generous."*

Additionally, they make it quite clear that Generosity is available to offer by any of us:

*"We have made the power of Generosity available to anyone, and everyone, at any stage of life."*

Far too often, I hear people say, "I don't have anything to give," because the majority of people believe financial giving is what people view as being Generous.

Is giving money important? In certain circumstances, of course it can be. That said, money is FAR from the number one or only way to be Generous; there are INFINITE paths of Generosity, which is great news for us all!

Here's my Top Ten List of ways to be Generous beyond financial offerings:

1. Generosity of Time
2. Generosity of Empathy and Understanding
3. Generosity of Forgiveness
4. Generosity of Kindness

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5. Generosity of Listening
6. Generosity of Being Fully Present and Engaged
7. Generosity of Encouragement
8. Generosity of Telling the Truth
9. Generosity of Prayer
10. Generosity of (Agape) Love

There are **LIMITLESS** meaningful forms of Generosity, and each of the above could be an entire message in its own right. But my list isn't what's most important. What's most important is that everyone creates and continually adds to their own list; that we all become more awakened and aware of the creative ways in which we can express Generosity.

As healthcare providers, you have endless opportunities to be Generous toward your patients. The clinical results are achievable because of the Generosity you offer during the patient experience.

Some examples of that could be:

- **Generosity of Time**  
*A well-paced appointment that's not rushed or hurried.*
- **Generosity of Listening**  
*You may be the only person who actually listens to and hears a patient during a given day.*
- **Generosity of Being Fully Present and Engaged**  
*Giving your patients your full attention in a genuinely engaging way because it's what they deserve, especially in healthcare, where it's more uncommonly offered than it should be.*
- **Generosity of Telling the Truth**  
*This is the greatest gift you can give a patient...the TRUTH! The truth, given with kindness, love, and respect, is what gives a patient the opportunity to make a smart choice about their health; one they'll be thankful for in the future.*

Similar examples await when you focus on the Generosity you can display toward your fellow team members. And yet again when we focus on the Generosity we offer those outside of our professional lives.

There's a tremendous amount of goodness that comes from these simple acts, and our lights shine brighter each time we're active in the spirit and energy of Generosity.

Generosity Wins!

I'm curious: beyond financial Generosity, what's your favorite way(s) to offer Generosity to others? Please, tell me more about YOUR Top 10 List!

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Part 2 of this message will focus on the one person who's equally deserving of Generosity, yet tends to be forgotten...

**Stay tuned!**

*Today...Choose to Be Extraordinary!*

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## Generosity Wins (Part 2)

It's easy to think that the recipients of our Generosity are everyone else: friends, family members, co-workers, neighbors, all the people we don't even know that are observing us in ANY given moment.

The most forgotten (and equally worthy) recipient of our Generosity is YOU! (And me!...And you!)

Self-Generosity is in the same spirit as being Positively Selfish; something I often say when giving presentations about the importance of our personal and collective well-being. It's vitally important to commit to what we need to feel good and be good in order to be our best for others.

To be Generous in our:

- Emotional health
- Mental health
- Physical health
- Spiritual health

A healthy combination of Self-Generosity will aid our pursuits of personal happiness; the pursuit of TRUE JOY!

This message is of special importance to me because I haven't been Generous toward myself lately. I am having to put more "effort" into being the best version of myself as a father, husband, professional, and friend.

Since becoming fully aware of my current state of being, I am taking measures to be kind to myself so I can be my best without so much additional effort and feeling completely depleted by the time I wrap up my day.

Using the research and summary power of AI, a simple request resulted in the following summary of the benefits to being in a state of Generosity:

- **Activates the Reward System**

*When we engage in acts of generosity, the brain's reward centers light up, similar to the experience of receiving a monetary reward or experiencing pleasure from other activities.*

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- **Reduces Stress Hormones**

*Generosity can lower levels of cortisol, the stress hormone, while increasing levels of hormones like oxytocin, which promotes feelings of connection and well-being.*

- **Boosts Positive Emotions**

*The release of dopamine, serotonin, and oxytocin contributes to feelings of happiness, satisfaction, and even a sense of purpose.*

- **May Improve Mental Health**

*Studies suggest that generosity can reduce symptoms of anxiety and depression by releasing these mood-boosting chemicals.*

- **May Enhance Physical Health**

*Some research suggests that generosity can have positive effects on physical health, including lower blood pressure and improved immune function.*

- **Increases Self-esteem and Social Connection**

*The positive feelings associated with generosity can boost self-esteem and strengthen social bonds.*

**What I love the most about participating in Acts of Generosity is that the more we offer Generosity, the more we want to find opportunities to be Generous. Eventually, it becomes innate. It becomes who we ARE and not something we have to consciously THINK about. Doing gives way to Being.**

**I believe we're also more aware of the Generosity offered to us when we're committed to making thoughtful actions for others. Once we're consciously and fully receiving what we're offering to others (think: the mirror effect), our minds begin to expand, and our scope of generosity widens to include so much more than ever before.**

**What I find to be Generous includes:**

- A day filled with sunshine.
- An abundance of birds visiting our well-stocked bird feeders.
- The scent of wildflowers blooming among the trees around us.
- The calmness of a countryside evening that's filled with the infinite sounds of all the nocturnal species coming to life in the nighttime.
- A hug from Addison or Owen.
- My wife making one of my favorite dishes for dinner after a well-paced workday.

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The list goes on and on...we all simply need to take a moment to slow down and notice the Generosity that surrounds us at all times.

Generosity Wins!

I would love to know what thoughts come to mind for you after reading this message.

For those of you who will take the time to respond...THANK YOU in advance for your Generosity of time and energy to allow me into your world for a brief moment.

I appreciate you all!

*Today...Choose to Be Extraordinary!*

# Leadership Emails

## Insights Into Mind Management (Part 1)

**Scott wrote a powerful message this week titled, “July Is the New January.” It was a terrific, timely read, and it inspired me to follow his lead by shifting into a series focused on managing our “Brain Blocks” in order to maximize our mental acuity.**

**Mental acuity is based upon the sharpness and clarity our cognitive abilities are. There are many components that make up the abilities our brains possess.**

Intelligence: the ability to learn, understand, and apply knowledge.

Memory: the capacity to retain and recall information.

Attention: the ability to concentrate and focus on tasks.

Reasoning: the power to solve problems, analyze situations, and make sound judgments.

Perception: the ability to interpret and understand sensory information.

**Mental acuity is not to be mistaken as equivalent to mental health, which has a broader psychological well-being, and is of equal importance.**

**Over the course of 12+ years of self-discovery with my beloved therapist, Mary Ann, I was blessed to gain much insight into the power of managing all aspects of my life, which begin with understanding, processing, and managing the thoughts that flow in and out of my mind. I came to affectionately call this aspect of my personal growth journey, “Mind Management.”**

**The mind, I would argue, is impossible to control, but can be managed with intention. Since 2001, I have consumed a lifetime of information in my pursuit to have my mind act as my “friend” versus my “enemy.”**

**The combination of my faith in God, influential people, brilliant books, and many other forms of information and stories, has led to my ability to manage the impact my thoughts (and beliefs) have on my day to day life. Of course, some days are better than others, yet I can always find my way to the beauty each day has to offer.**

**Seeing as how we are at the beginning stages of the second half of the year, I believe it is an appropriate time to pause and begin anew with the most powerful and influential tool you possess, your brain!**

**Dr. Theo Tsaousides wrote the book, “Brain Blocks,” which aided me in my journey of understanding brain/mind management. It was such an impactful read that I developed a presentation based upon his discoveries, intertwined with my own experiences, to help people identify what “Brain Blocks” are causing havoc and what can be done to better manage them.**

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**Over the course of the next several weeks, I will focus on my breakdown of the principles in the spirit of being a catalyst for your own self-discovery on what can help you find peace and joy in your thoughts.**

**To set the stage, I want to share an excerpt from the author regarding, what he calls, Brain Management.**

*“Brain Management: Removing the Brain Blocks*

*We have the equipment, we have the abilities; now let’s put them to use and smash our Brain Blocks. Our brains are powerful, and knowing how to manage them better will resolve a wide range of problems.*

*Brain Management is the ability to use our cognitive functions in the best possible way and prevent the brain glitches from becoming Brain Blocks.*

*Brain Management is essential for success because it aligns our actions with our goals.*

*Brain Management is made up of two parts: awareness and engagement.*

*Awareness means knowing what the Brain Blocks are, what causes them, how they interfere with goal pursuit, and how to defeat them.*

*Engagement means doing what you know is necessary to develop new ways of thinking and acting and be able to achieve any goal you set.*

*Awareness and engagement work synergistically. One cannot happen without the other. To get something done, you need to know what to do. And simply knowing what to do alone does not mean you will do it.*

*Brain Management is about turning knowledge into action.*

*Knowing the brain’s tricks allows you to actually do something differently.*

*For example, if you know that you tend to procrastinate, you also know that you should start working on a project much sooner, to avoid missing a deadline.*

*But do you think that just because you know that, you will actually start working on the project sooner?*

*Procrastinators do not suffer from lack of awareness. They suffer from lack of engagement.”*

**The author’s focus on “action” is a game changer for those who spend too much time in their minds and not enough energy in applying energy to application. The above is one example of the importance in understanding the core principle that holds you back from breaking through a “Brain Block.”**

**Tsaousides goes on...**

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*"Given how fast the brain learns, Brain Management can quickly change the way you approach your goals, your work, and your entire life.*

*However, here is an important disclaimer: even with good Brain Management, the Brain Blocks themselves can never be fully eliminated because they are generated by brain mechanisms with tremendous evolutionary value. They exist to protect you and to guarantee your survival.*

*This is why the solution is Management and not once-and-for-all elimination. Management is about monitoring, adjustment, and progress.*

*You may feel insecure from time to time, you may put things off till the last minute for many 'last minutes,' and you may keep whining about your bad luck, even though you promised to never complain again.*

*Such slips are normal.*

*Managing your Brain Blocks means catching yourself in the act to prevent them from becoming success blocks.*

*Eliminating the Brain Blocks, on the other hand, is unrealistic and impractical."*

**The author's final statement above is the key to understanding the most effective way to "fixing" what is holding you back. I deal with this each and every day.**

**Although I have put in the time and effort to make significant strides in creating a life filled with joy and fulfillment, I fight my own internal demons on a regular basis.**

**The advantage I have over others who have not done the work is I can get in and out of a negative mind space (Resistance...as described by Steven Pressfield in, "War of Art") very quickly. I am fully aware of when my mind starts going to the negative. I have triggers in place to take action on allowing me to stop the negative momentum before it ruins my day, as well as those who have to interact with me.**

**Finally, I assess "why" did my mind go to this negative space in an attempt to minimize the regularity of the Resistance creeping in.**

**My intention with my efforts and insights during this series to help you identify one, or more, areas of blockage that will lead to a sense of renewal in mind, body, and spirit!**

*Today...Choose to Be Extraordinary!*

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## Insights Into Mind Management (Part 2)

Before we continue the series on Brain Blocks, I want you to prepare your hearts and minds for the life-changing moments you can experience as you take this journey with me, exploring what holds us back from designing important aspects of our lives.

I encourage you to find a full moment where you can be in an environment of peace and silence so you can think clearly about what you want to see evolve in your life. Whether that is career-oriented, things in your personal life, or both, allow yourself to identify what would bring you a sense of accomplishment and joy in life.

As you create your list, I want you to keep in mind the important priorities you identify. We will be investigating each of the seven Brain Blocks, as described by the author, in order to manage the negative impact they can have on your mission to design an extraordinary life:

1. Self-Doubt
2. Procrastination
3. Impatience
4. Multitasking
5. Rigidity
6. Perfectionism
7. Negativity

Each of these Brain Blocks have the possibility of contributing toward our lack of progress in achieving our desired outcomes in life. Being mindful of their existence is important to managing our way through the Resistance.

Please consider the following questions to help you identify key information as to why you may be stuck in neutral when it comes to progress:

- What is the reason(s) these outcomes have not become reality?
- Why is it important to achieve the life you are designing?
- How will your life be impacted once outcomes are achieved?

Over the years, I have found the main reason I have not started and/or accomplished a goal is because I did not attach an important, motivating reason to do so.

In my life today, the number one motivating factor for me to diligently focus is my burning desire to spend as much time as I can with my wife, daughter, and son. Being efficient, prioritizing my time, and doing the best I can at the outset of taking action gives me the best chance at maximizing harmony between both worlds (personal and professional) and creating positive outcomes in all the spaces I live and operate in.

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**Being completely aware of this has made it so much easier to decide whether or not an activity or objective is important enough to add to my list and start immediately with a defined end date attached to it.**

**I encourage you to take to time to reflect on the following:**

- What is important to you in your current season of life?
- Why is it important enough to put energy into designing your future?
- How will you manage your time, energy, effort and focus to stay in alignment with all the responsibilities and decisions you are making that will lead you to living your best life?
- What will you do NOW to make certain your chosen actions will aid the life you are designing, rather than taking away from it?

**I promise you will gain clarity in a way you have never experienced before...if...you choose to engage in today's message, as well as this entire series.**

**In the next message, we will explore Brain Block #1: Self-Doubt. This happens to be the top Brain Block I continue to deal with on a daily basis, even though I have spent well over two decades trying to keep it at bay.**

**I want you to have time to collect your thoughts and feelings without distraction.**

**Until next time, prepare your mind to be more aware than ever before; a significant breakthrough awaits you!**

*Today...Choose to Be Extraordinary!*