



THE POWER TO LEAD

How to Optimize Your Energy to Thrive in Leadership

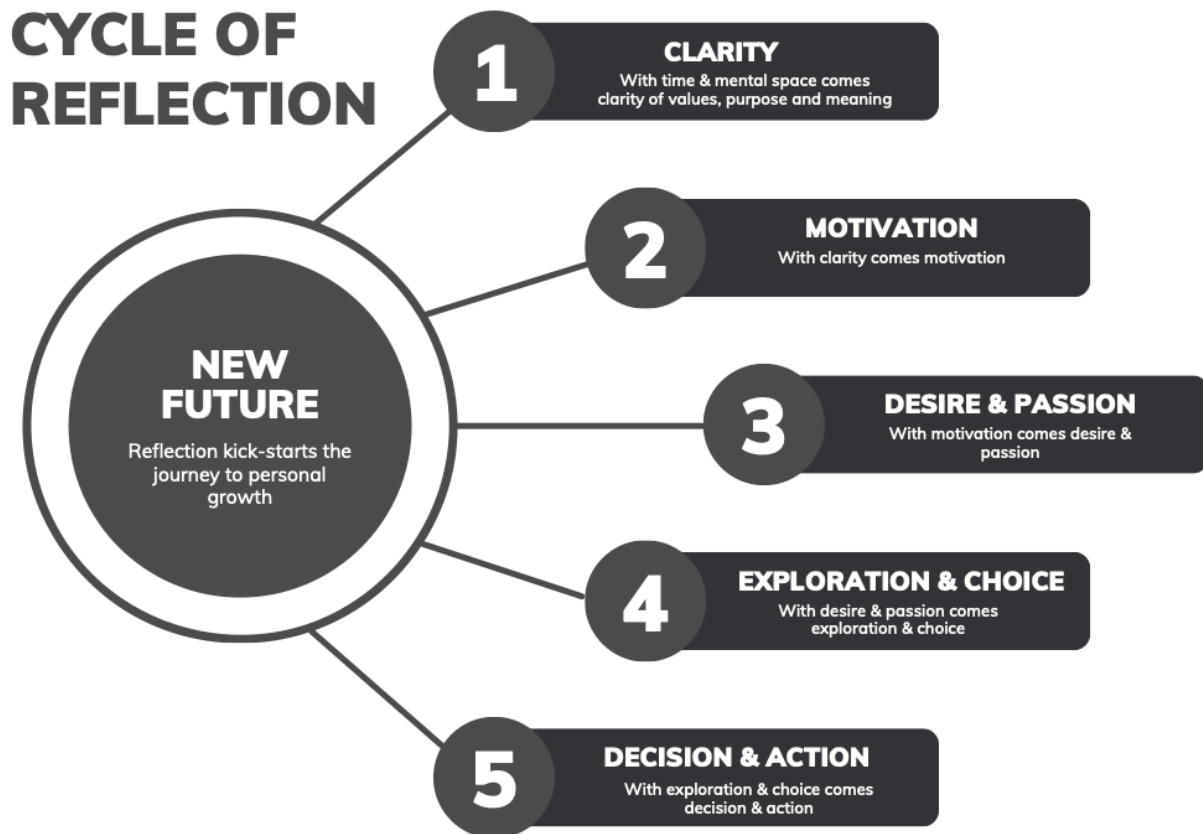
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Audio Book - Accompanying PDF

The Cycle of Reflection - Used to kickstart the journey to personal growth.



An event, conversation, or circumstance will kickstart the cycle of reflection. Take that as your cue to make time to bring clarity and move through each stage sequentially.



Environmental Force decision considerations - in the context of the individual, team, and organization.

Individual	Team	Organization
What's my purpose?	What's my team's purpose?	What's the purpose of the organization?
What goals do I have?	What are the most important goals for my team?	What goals are important for my organization?
What does success look like for me?	What are the measures of success for my team?	What does success look like for the organization?
What do I need to be successful?	What does my team need to be successful?	What does the organization need to be successful?
How do I best optimize my strengths?	How can I optimize the combined strength of my team?	How can I optimize the value the organization provides to our customers?
What needs to be true for me to perform at my best?	What needs to be true for my team to deliver for our customers?	What needs to be true for the organization to deliver differentiated value to our customers?
What's my why?	What's my team's vision?	What's the vision and mission that drives this organization?

While the scale of impact is different, the decisions you make as a leader are closely tied to the variation of possible outcomes at different scales.



The Growth Circle



Incredible leaders are constantly learning through the Growth Circle.



Leave Room In Your Cup Each Day

You need to always create and preserve space in your cup by disconnecting your mind and body to rest and be present in calm. Your Quinjet will serve you so much better in the precise moments that matter most when you have allowed it to power down and rest.



Pay attention to the layer in your cup that takes up space for things that don't serve you well. Get rid of it. The space that you now have at the top of that cup is pure amplified energy.