



Be the leader of your life.

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Leaders and dream catchers don't fall into their life, every one of them has one thing in common: intentional habits. Taking control over how you live your life each day with intention will be the key to your success. These are the 8 principles I use with my clients when building their success plans.



1. Own the Morning.

*“Lose an hour in the morning, and you will spend all day looking for it.”
~Richard Whately*

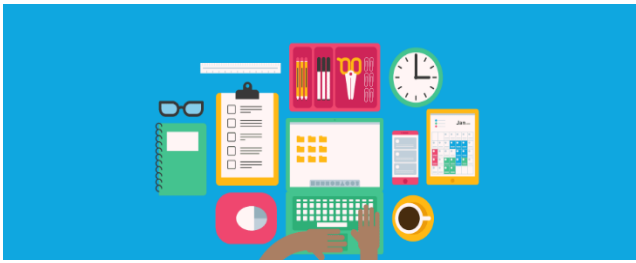
I believe the single most transformative thing you can do for yourself is to own your morning routine. Carving out time alone in the morning to **set your intentions** for the day will help ensure you approach every situation with purpose. No one's routine is exactly the same, (exercise, meditation, coffee, or scanning the news), but every routine should be grounded in ritual. Take some time to figure out what should go into your routine and talk that through with your coach.



2. Set Your Goals.

*“Leap and the net will appear”
~John Burroughs*

Achieving your goals, and catching your dreams, don't just happen. You must set a clear path for what you want to achieve. This will look different for everyone - getting that promotion, finally starting your own business, running your first marathon. or changing careers - it doesn't matter what your goal is, **what matters is your approach.** The S.M.A.R.T. approach to setting goals works best for this.



3. Find Your Personal System.

“A good system shortens the road to the goal”
~ Ralph Waldo Emerson

Creating a system for an organization that works for you is extremely personal. It needs to be easy to access at any moment, simple in its approach, and work across multiple areas of your life. The approach is also personal and will vary based on your lifestyle. Whether you are a work-at-home entrepreneur or a manager at a large firm, you must determine a system that meets the criteria of being **easy to access, simple to maintain, and works across multiple areas of your life.**



4. Prioritize your life.

“The key is not to prioritize what's on your schedule, but to schedule your priorities.”
~ Stephen Covey

Every time we say YES to someone or something, we say NO to something else. Everything in life is a choice. Every day we are faced with fork-in-the-road decisions. Every yes is a no to something else. To really begin prioritizing your life in a way that will put you on a path toward your goal(s) you need to get more comfortable and confident in saying no. This is not an easy task for most of us and takes practice. I use the urgency/importance quadrant approach from Stephen Covey with my clients.



5. Find Your Mentors.

“We are the average of the five people we spend the most time with” ~Jim Rohn

Who are your five people? Ensuring that the **majority of your time is spent with people that will keep you squarely on your path to achieving your goals** is the shift you need to begin making. As you learn and start moving closer to your goals, you may find that the people in your inner circle begin to change. Are they people that challenge and lift you up, or are they people that drain your energy, or worse, that you find yourself constantly trying to help or save them? Ensuring that you are not always the smartest in your group and that you are able to constantly obtain new knowledge and develop new skills, is the position you want to be in.



6. Fuel your Body.

*"One must eat to live, not live to eat."
~Moliere*

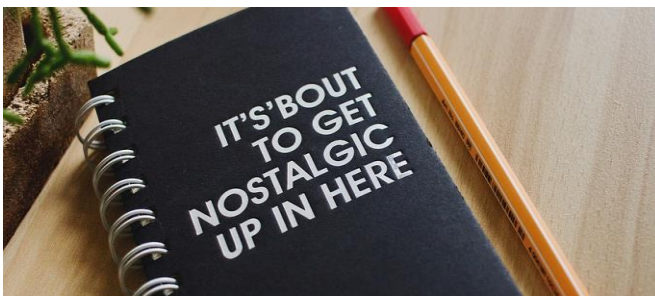
Let's get very real, it's not rocket science. You would never put a gallon of Pepsi in your gas tank and expect it to go, you only use the recommended fuel for your car. Your body is the exact same, fuel your body with crap, and it will sputter along like an old beat-up car. Fuel your body with the right things (healthy food, water, and exercise) and it will hum like a well-oiled machine. As a leader you need to show up with energy, patience, and stamina – **how are you fueling yourself for this role?**



7. Attitude and Stress.

*"Two things define you: your patience when you have nothing and your attitude when you have everything."
~ George Bernard Shaw*

We often point the finger when things don't go the way we want. **If Only...** becomes a battle cry. The truth is our circumstances can certainly make our lives more or less harder to navigate. And it's easy to blame your struggles on those circumstances. What sets highly effective people apart is not the circumstances they were given, but **their reaction to those circumstances.**



8. Reflection.

"You can't really know where you are going until you know where you have been" ~Maya Angelou

You cannot progress unless you stop and reflect. Doing a quick nightly reflection coupled with a weekly reflection practice will keep you grounded and focused and be an honest assessment of the areas where you need to put a bit more effort the next day, or going into the week ahead.

Ready to learn more about these techniques? Contact me for your personalized coaching plan.



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