




*Activating
Positive
Leadership*

SUCCESS KEY #1

Be Positively Contagious



- *Attitude*
- *Energy*
- *Effort*
- *Words*
- *Actions*

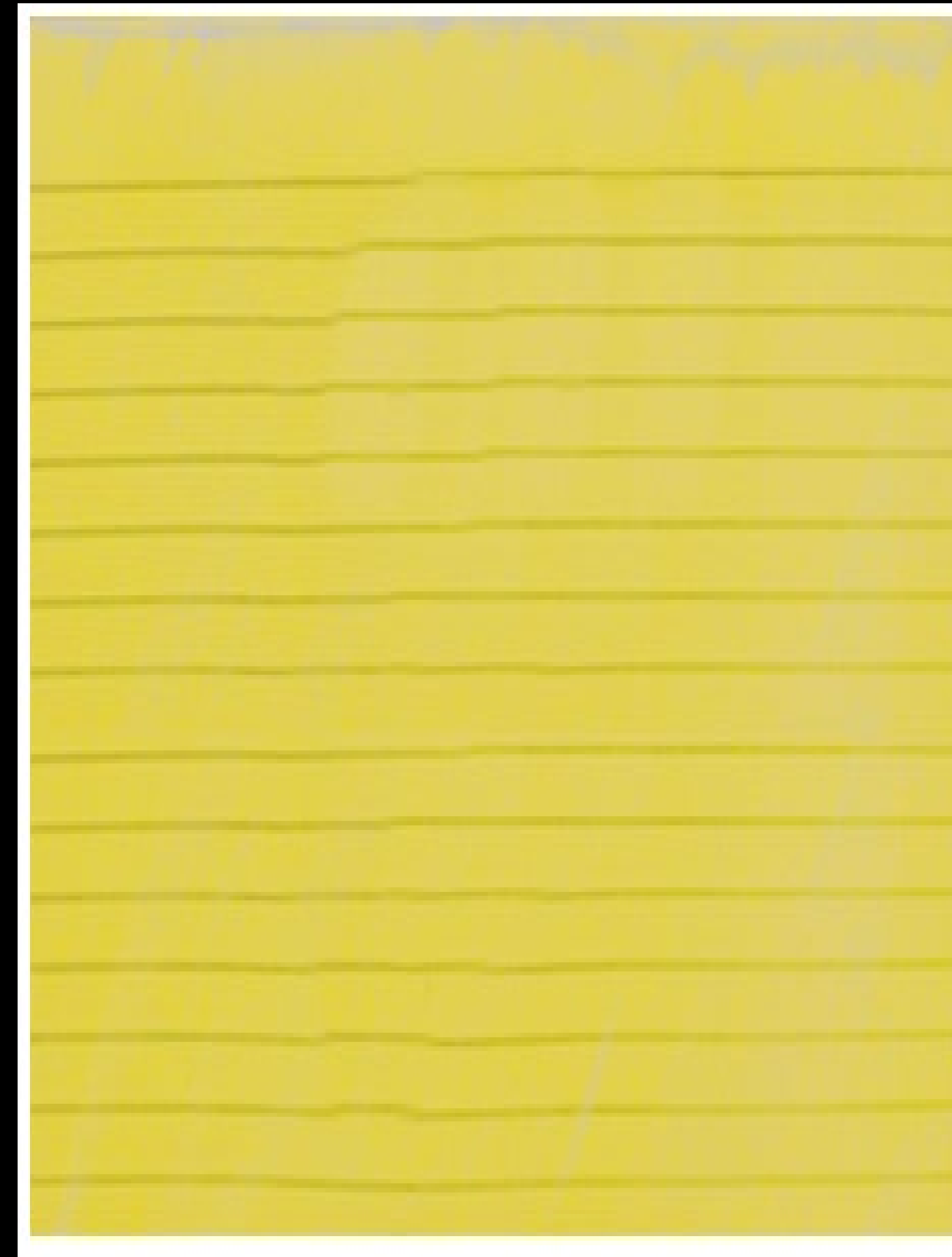
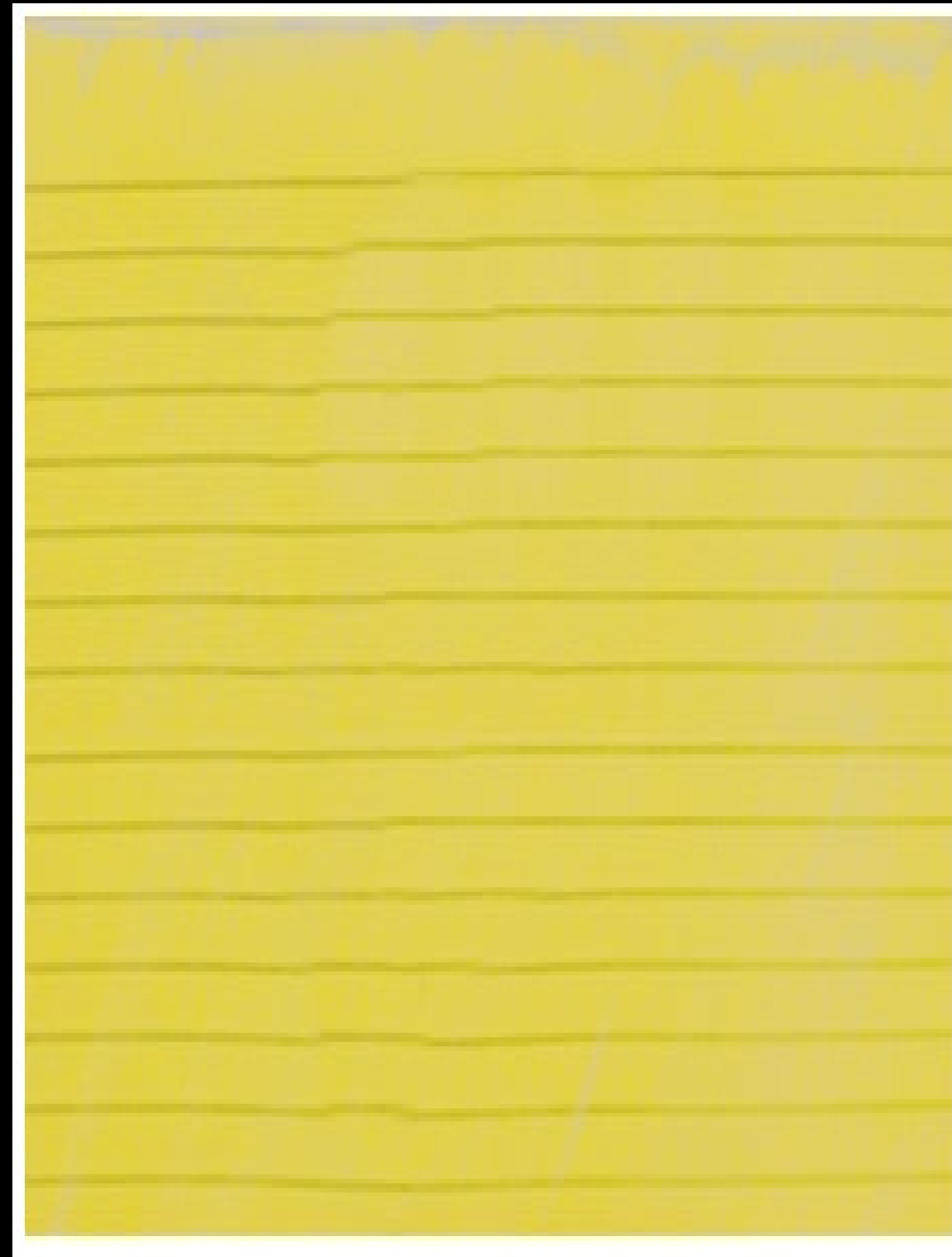
The image features several stylized virus-like particles of various colors (yellow, green, purple, orange, red) against a black background with white speckles. Each particle has a human-like face and is covered in spikes. Two large yellow particles are smiling, while others are frowning. The text 'You are contagious' is written in white, with 'contagious' underlined.

You are
contagious

Thermostat vs. Thermometer



Have To Do List v. GET TO DO List





GOOD

NEWS!

NO COMPLAINING RULE

“Lou Holtz said, ‘Don’t complain. Eighty percent of the people you complain to don’t care and 20 percent are glad you have problems.’”

First Steps to Solving Negativity:

1. Bring a Solution for every Problem
2. Create a No Complaining Day...then Week...then...

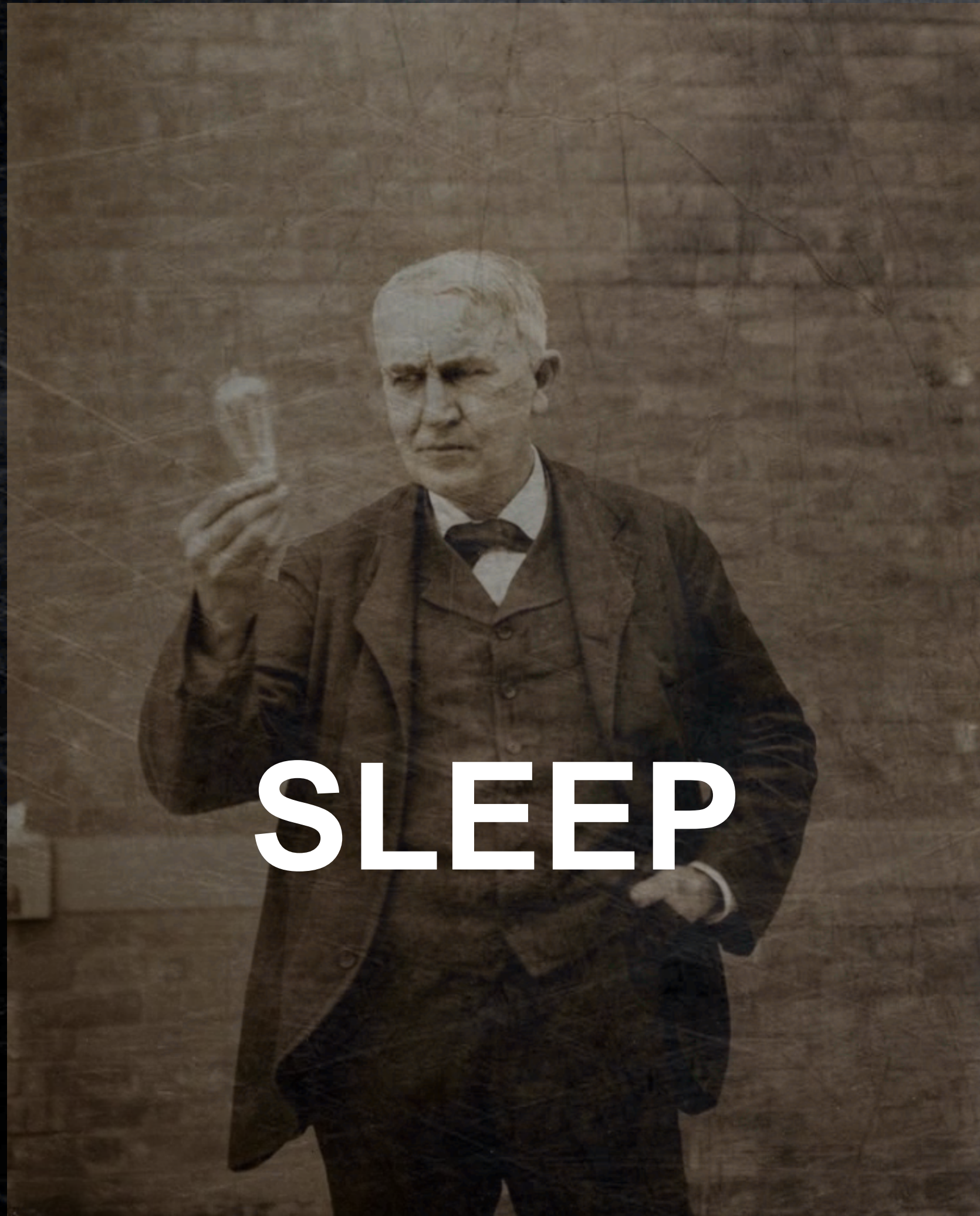




SUCCESS KEY #2

Optimize Your Energy

- *Sleep*
- *Food*
- *Exercise*



SLEEP



FOOD



EXERCISE



Optimize your Energy





FOOD = MOOD

#1 Cut the Sugar

#2 Drink More H2O

#3 Eat More Protein & Less Carbs



Use it or Lose it!

#1 Move every day!

#2 Take 60 seconds every 60 min.

#3 Lift Weights (add resistance)



SLEEP Makes everything better

#1 Go to bed at the same time

#2 Keep it very Cool & Dark

#3 Power Down > 60 min

Q. ■

1. What's one ONE Goal you want to achieve? (outcome)

2. What's ONE commitment you will make to make progress.
(actions)

Sleep. Food. Exercise.





SUCCESS KEY #3
Build Your Dream Team

IF YOU WANT TO GO FAST,
GO ALONE.



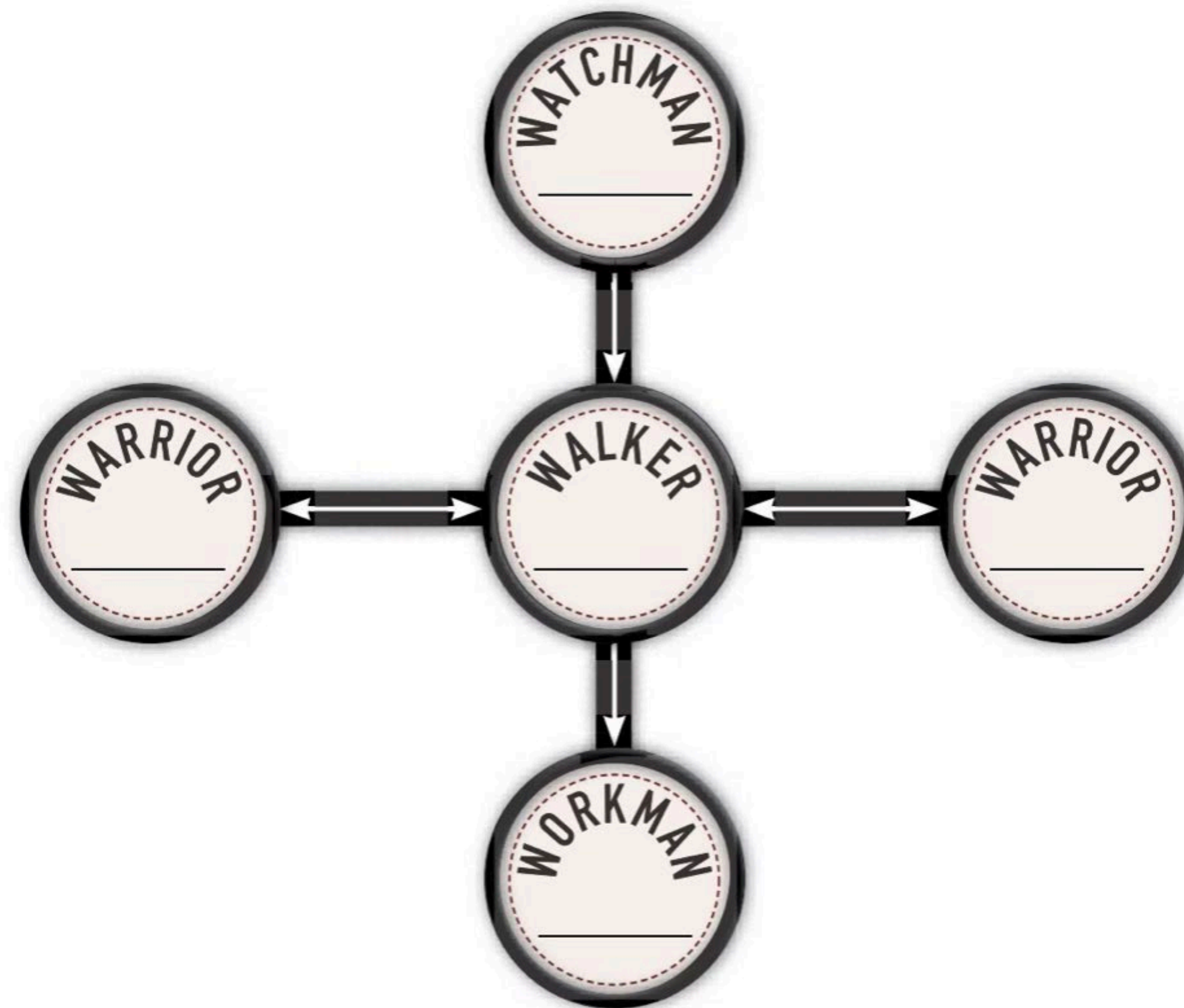
IF YOU WANT TO GO FAR,
GO TOGETHER.



Trust Fall...



3 Friendships – Inner Circle





SUCCESS KEY #4

Do Hard Things

- *Seek Discomfort*
- *Crush the Whiner*
- *Inspire Others*

How high can
you reach?





Doing hard things increases
your confidence & capacity...





You are more capable than you think...

A team of six people, likely a military or police unit, are participating in a boat crew competition. They are carrying a large, black inflatable boat with a yellow top edge on a beach. The boat is suspended by ropes from their shoulders. The team is dressed in military-style clothing, including camouflage pants and black jackets, and is wearing orange life jackets. They are walking in a line, carrying the boat on their shoulders. The background shows a beach with waves breaking on the shore.

Boat Crew Competition

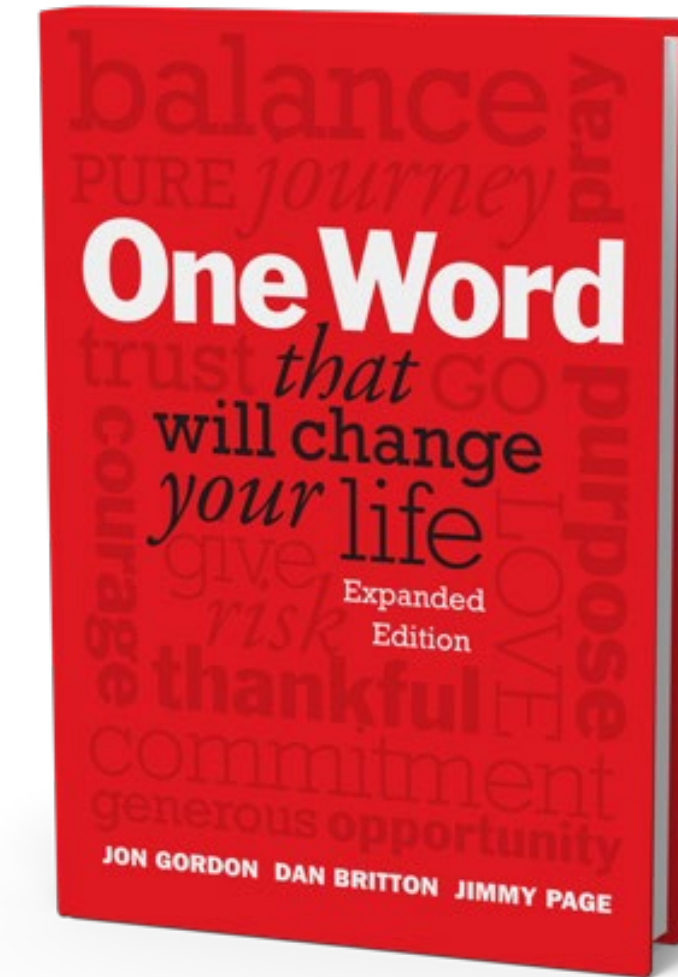
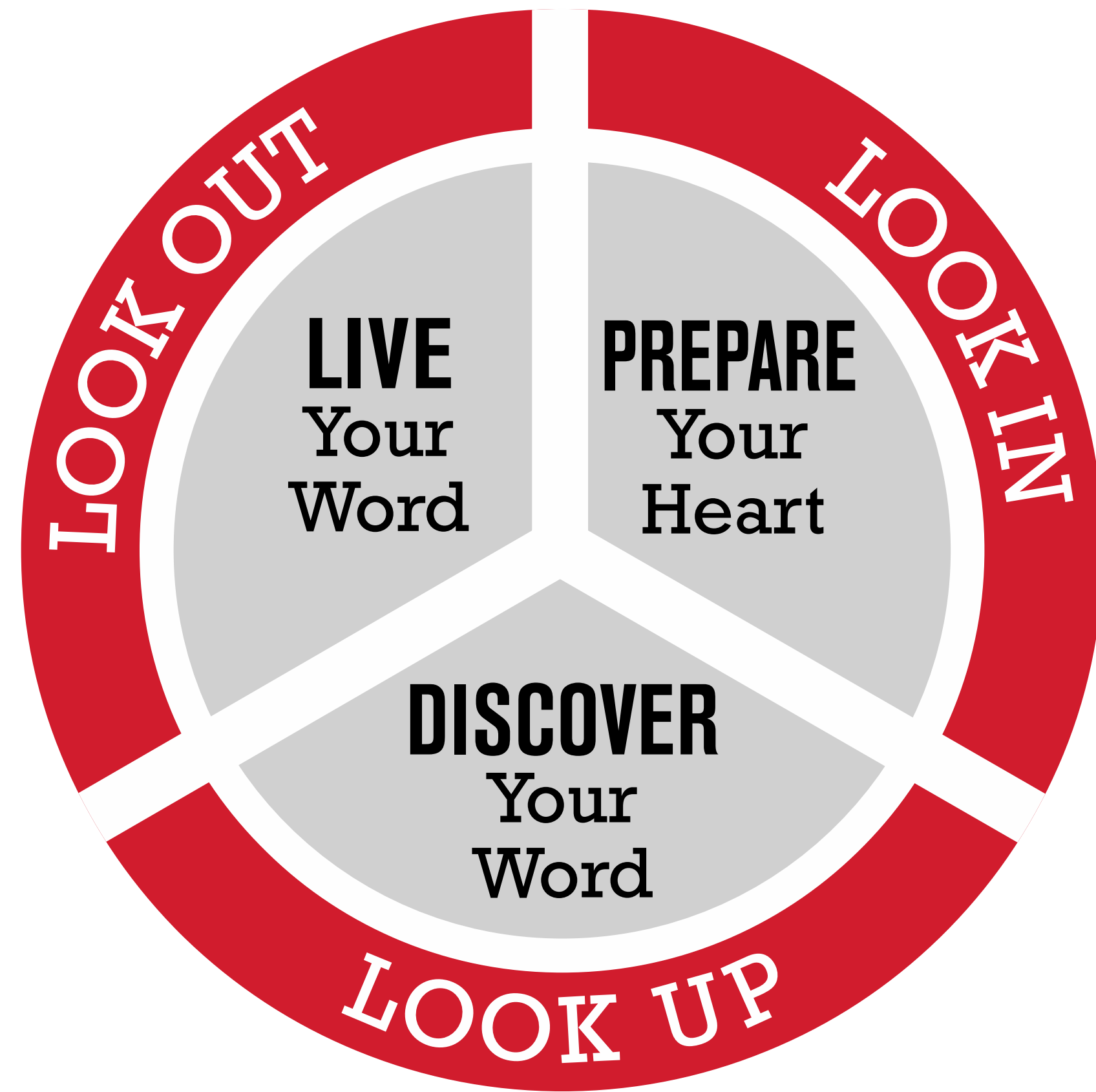
Embrace the Suck



SUCCESS KEY #5

Stay Focused

- *Focus leads to Progress*
- *Progress leads to Success*



The One Word Process

Overcome
Determination
Priorities
Commitment
Intentional
Pray
Unity
Faith
Perspective
Perseverance
Detox
Renew
Passion
Love
Investor
Overcomer
Patience
Heal
Brave
Peace
Gratitude
Gentleness
Build
Word
Joy
Risk
Less
Follow
Choice
Decide
Thankful
Purge
Drive
Give
Freedom
Kindness
Please
Trust
Encourage
Train
Believe
Serve
Ask
Choose
Connect
Simplify
Focus
Strong
Finish
Purpose
Forgive
Bold

Step #1 – Look IN

Unplug & Ask



1. What do I need?

2. What's in my way?

3. What needs to go?

IF you focused on one word this year that would have the ***greatest positive impact on who you are***, what would it be?

Step #2 – Look UP

Plug In & Listen Up



Q: What do I need to experience the greatest *passion & purpose*?

Q: What do *others* and the *world* around me *need the most* from me?

If you focused on one word that word would have the *greatest positive impact on others & the world around you*?

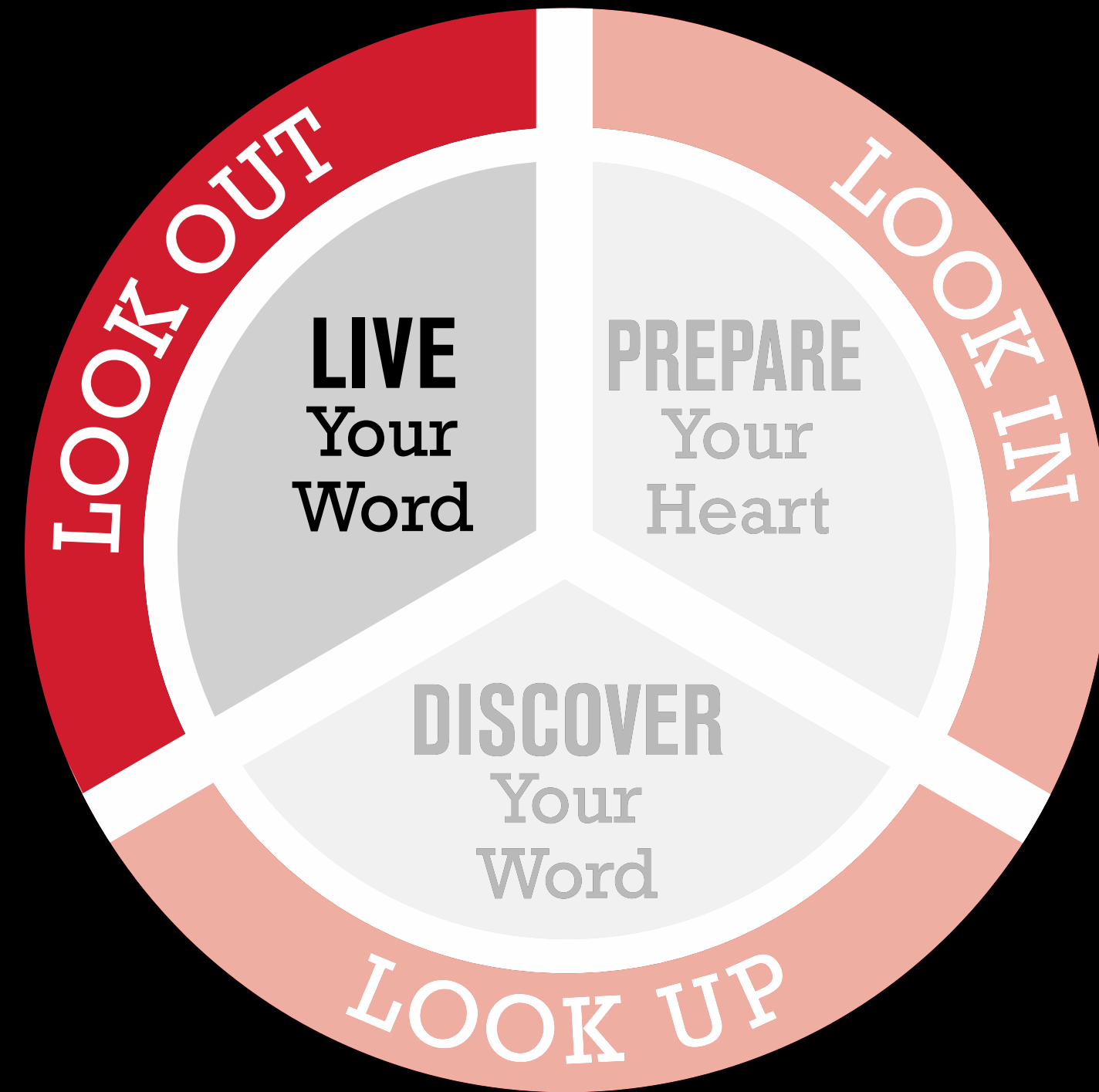


What's your
One Word?

And Why did you choose it?

Step #3 – Look OUT

Tell others & Keep it front and center



Live It
&
Share It



PURE *journey*
OneWord
trust *that* GO
your will change
your life
give *to* **your**



#FINALFOUR

Sacrifice
Extra
Focus
Hustle
Joy
Patience
Trust
Finish
Believe
Elevate

Family.





SUCCESS KEY #6

Intentionally Bless Others

- Make their Day



1. Little Things make a Big Difference.
2. We surprise with the unexpected.
3. Go above and Beyond.



Intentional
Acts of
Kindness

Q:

1. What do you want to be known for? (caring TM)
2. What *intentional act of kindness* will you add to your daily focus?





SUCCESS KEY #7

Serve the Greater Good

- Turn Adversity into Opportunity
 - Make a Difference
- Leave it Better than you found it



SUCCESS KEY #8

GO FOR IT!

- *Don't be afraid to take risks.*

SUCCESS KEYS

Be Positively Contagious

Optimize Your Energy

Build Your Dream Team

Stay Focused

Do Hard Things

Bless Others

Serve the Greater Good

Go For It!





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