LIFE PULSE

WEEKLY RECAP #103

What we learned working with clients this week

One sentence on each idea. Then write how you will put it to work.

1

FOLLOW THROUGH ON INTENTIONS

When intention is high and follow-through is low, self-trust erodes, and if you can't trust yourself to follow through, your people won't either.

HOW WILL I IMPLEMENT THIS? _____

2

PROTECT YOUR TIME BUCKETS

Wishful thinking doesn't get goals done. Block intentional time buckets, then move time around when you need to, because it's easier to give time back than to find it.

HOW WILL I IMPLEMENT THIS? _____

3

NOURISH PEOPLE SO THEY CAN HUNT

Don't only ask whether people should kill what they eat. Ask how to nourish them so they have the energy to hunt, and maintain motivation in those already motivated.

HOW WILL I IMPLEMENT THIS? _____

4

LEAD THROUGH THE WORD NO

The best leaders say no to the wrong things. Your team and family trust you more, and you protect your bandwidth from burnout.

HOW WILL I IMPLEMENT THIS? _____

5

DESIGN SYSTEMS SO YOU DON'T RELY ON WILLPOWER

Create good systems and develop good people for sustainable growth. When something works again and again, turn it into a system that scales.

HOW WILL I IMPLEMENT THIS? _____

6

OWN YOUR LIMITATIONS

Don't blame bad timing when the truth is you're tired, overwhelmed or depleted. Name your limitation instead of putting it on the other person.

HOW WILL I IMPLEMENT THIS? _____

7

HEAR YOUR TEAM, BUT DON'T OBEY THEM

Hear everything and value their opinions, then make the decision yourself. Obeying the people you lead isn't servant leadership.

HOW WILL I IMPLEMENT THIS? _____

8

REST BEFORE, RECOVER AFTER

You rest for the work and recover from it. Rest for the work that's coming so recovery isn't as needed, and you keep the energy to hunt.

HOW WILL I IMPLEMENT THIS? _____