Leadership Skills: Focus on the Process

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1. Introduction
	1. What I do. Not important, things change.
		1. Dean, Leadership Acadamy
		2. South Bend Region Board
		3. GingerMan Majors Race Chair
		4. High School Chemistry Teacher
		5. Spec Miata Racers
		6. Casual Autocrosser
	2. Who am I? This is what is important.
		1. Enthusiastic
		2. Positive
		3. Caring
		4. Driven
		5. Passionate
		6. Dedicated
		7. Leader
		8. Motivated
2. Story-Bear and the Coyote
3. Purpose-Help you look for the “road signs” while taking your journey to becoming a better person/leader.
4. We are building our own car.
	1. Treat it as an opportunity, not an obligation
	2. Start thinking that you “get to” do something, not that you “have to” do something.
5. Be faithful in the small things
	1. Greatness is dirty, hard work. Usually done while nobody is looking.
	2. Dream big
	3. Focus on the small things/details.
	4. Be faithful to the process
	5. Focus on what you can control/don’t dwell on things you cannot control
6. Maximize your growth through your experiences
7. Where do you find your identity?
	1. University of Iowa Childrens Hospital video
	2. Show you care
8. List four characteristics of people you admire
	1. Boldness
	2. Courage
	3. Loving
	4. Caring
	5. Resourceful
	6. Persistent
9. Fuel your heart with encouragement
	1. Watch what you read and listen to
	2. You are an average of the five people you associate with
	3. Carrie Underwood video, ”Champion”
		1. C-courage
		2. H-honor
		3. A-attitude
		4. M-motivation
		5. P-persevere
		6. I-integrity
		7. O-optimistic
		8. N-never give up
10. Wandering eyes
	1. Comparison is the thief of all joy-enjoy what you have and where you are
	2. The grass is greener where you water it
11. Climb up the rough side of the mountain
	1. You must go through a process to achieve greatness. Nothing comes easy.
	2. Lottery winners end up worse off after 5 years
	3. 75% of all NFL players end up bankrupt
	4. 65% of NBA players end up bankrupt
	5. A bamboo seed will not grow for five years. Once it sprouts it grows 90’ in 6 weeks
12. Be where your feet are
	1. Enjoy the moment
	2. Sit in the front row and take notes
	3. Get rid of your cell phone/enjoy the moment
	4. You may not like the consequences, but you always have a choice
	5. Uncomfortable isn’t a choice, but how you experience it is
13. Goals vs. A Mission
	1. Goals allow you to shirt responsibility
	2. Mission-only the person in the mirror can stop you from living that out
14. True mental toughness
	1. Have a great attitude
	2. Give your very best
	3. Treat people really well
	4. Have unconditional gratitude
15. Finish line
	1. Greatness is a bunch of small things done well over time
	2. Be deliberate and consistent with the small things
	3. Focus and trust on the process
16. Questions to ask yourself
	1. What do you want to be remembered for?
	2. On a scale of 1 to 10, how much do you enjoy preparing for an activity?
	3. What are some small things you need to focus on?
	4. Who is someone in the club who enjoys their job? What are they like to be around?
	5. What are some habits you could commit to that make up your process?
17. Read “Chop Wood, Carry Water” by Joshua Medcalf