



## *Self-Motivation*

Leaders by nature focus on things around them rather than on themselves. That is why employing mindfulness techniques are useful. There is something else leaders need to do because the organization expects it. They must be motivated, driven to push forward as well as to develop their skills and their talents. Typically leaders are good at pushing, but sometimes they ignore their own needs, and one of them is maintaining their energy level, physically, mentally, and spiritually.<sup>1</sup>

Here are some suggestions.

### *To keep your body energized...*

- Exercise when possible. I know many executives who go out of their way to find ways to keep fit even when travel and time push against them. If you cannot get to your local gym or personal exercise room, go for a run or practice calisthenics in your hotel room.
- Eat right. All things in moderation, as my physician father used to say. That includes alcohol as well as foods that may be tasty but not as good for us as say vegetables or tofu.

### *To keep your mind energized...*

- Visit your employees. Make certain you go to where people work. Adopt their perspective when they approach a job. It will give you a different point of view about how well things are going or not going.
- Keep in touch with customers. These folks are the ones you are in business to serve. Find ways to learn how they use your products and services.
- Know your competition. The urge to compete likely emerges from deep within our genetic code. It's part of self-preservation. Learn from what your competitors do right as well as what they do poorly.
- Keep up with the literature in your field. This is typically not too difficult because it is always readily available.
- Read for pleasure. This is hard for some, because if you work long hours and read material in your discipline, it can be hard to find time to open a book. Yet many executives do it. Read what you like – fiction, biographies, history, military history. All of these topics stimulate our minds.

---

<sup>1</sup> Adapted from *MOXIE: The Secret to Bold and Gutsy Leadership* by John Baldoni BiblioMotion 2014

Travel for pleasure. Yes, visit places that are new and different. When we are in new places, we take in sights, sounds, and smells that are unfamiliar. They awaken our senses and keep us alert.

*To keep your spirit energized...*

- Reflect. Make time to gain perspective on the day. You can do it solo or with a trusted colleague. *[See more suggestions in the Mindfulness section in Part 3.]*
- Meditate. Some like to practice meditation. I have friends meditate 30 minutes a day. Others find five quiet moments to sit back and empty their minds of thoughts. It is a way of shutting out the outside