

# SHIFTING NORMS

SHIFT SHEET!

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## Mind & Body



### Mindset Matters



To get your mindset in the best place for leading, imagine your self as if you are at your highest potential. What is your vision of you when you are in your highest potential zone? What do you see? How do you sound? To lead as your best self, you've got to live into that potential zone every day. Write down three words in each category below.

#### Personal Identity


These three words define who you are as an individual. When you think of yourself being the person you want to be, these are the words that define you.

#### Social Identity

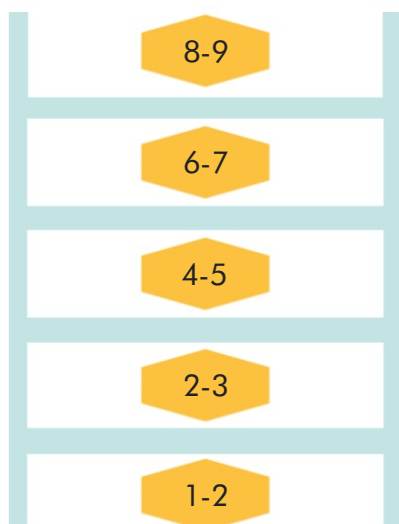

These three words define how you interact with other people. When you imagine how you show up when working with others, these are the words that define you.

Create a vision for yourself. Write these six words down and put them in a place where you can see them every day. Keep them at the top of your mind in every interaction. Assess yourself once an hour throughout the day. Ask yourself if you are being those words. Choose one of your words and score yourself on a scale of 1-10. How \_\_\_\_\_ are you being right now? Set reminders for yourself until it becomes habit. This mental check-in is your own personal coaching session. When you recognize you aren't at a 10, do something that moves you closer to a 10.

### Body Basics



If we are constantly exhausted, wiped out and tired, it's because we didn't take care of ourselves; we didn't make time. When we don't make time for things, they don't get prioritized and they get forgotten. When we are fatigued there is a whole other level of frustration that comes into our lives because we don't have the energy to deal with things that come up. Gaining and maintaining high energy is a simple science, yet we complicate things by not turning common sense into common practice. Brendan Burchard put this science into a clever "One Nine Ladder" to help you activate your body and get into your high performing zone.



#### Hours of sleep.

Get adequate amounts of rest. Those who are depleted of sleep, over time, are not as effective. Most people are not conditioned to get 8 to 9 hours of sleep, yet most people are not rested. To be an effective leader you want to be a high performer, not just a peak performer at times.

#### Liters of water.

Water is the best energy drink. Give up the caffeine, sugar based beverages and store bought energy drinks. We should be drinking 6 Liters of water every day. Plan that out. Embrace the increase of using the bathroom; you are getting toxins out of your body.

#### Meals every day.

Be mindful of what you are eating; this is fuel for leading. To increase metabolism eat 4 to 5 times each day. Use portion control and increase the number of times you eat throughout the day. Increase your produce and intake live, green healthy foods that sustain energy.

#### Longer exercise sessions each week.

Being engaged and present takes energy. To maintain that energy you need endurance. Get your heart rate up and keep it up for at least 20 minutes, 3 days/week. Incorporate strength building 2-3 days a week. That's 5-6 days of physical exercise to build your energy and leadership abilities.

#### Breaks every hour.

When your brain or body is tired, it's less effective. Use short breaks to break up the mind and incorporate the body or vice versa. Increase your mental and physical stamina throughout the day, give yourself more mind and body breaks so you can be most effective when you focus..

*"If you aren't feeling rested and hydrated every day, you've got to really engage your psychology to boost up your motivation and ambition, but when you are rested and hydrated motivation and ambition come easy."*

*-Brendan Burchard*