



LEAD STRONG 5 STEPS

**HOW TO SET
YOURSELF UP FOR
SUCCESS EVERY
MORNING (NO
MATTER WAY YOUR
DAY HOLDS)**

**SUCCESSFUL
GENERATIONS**

For example: If you head to work each morning thinking, “this is so hard” or “this day is going to suck” then guess what? With these thoughts in your head, you end up feeling lousy, your day is going to be hard, and it will definitely suck.

Since you have the ability to change the thoughts you bring to work, consider new thoughts that can help you stay the strong leader you are all day without having to fake a smile.

Consider new thoughts like:

- Today is going to be hard, but that’s okay. I can do hard things.
- I am going to get through this.
- I can do this.
- Today I am looking forward to....

Each of these thoughts put you into a more positive mindset, and from there it will be easier for you to get whatever you need accomplished. No matter what it is.

What thought do you want to think this morning: (write it here)

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How does that thought make you feel?

(if the feeling is “ok to really good”, proceed; if the feeling makes you feel bad, less than, lousy-- choose another thought)



Remember your Priorities.

What is most important to you? List your top 3–5 priorities here:

- 1
- 2
- 3
- 4
- 5

For instance, mine are: My health, my husband, my son, work, and extended family.

Remembering my five priorities helps me remember three things:

- 1. Whatever I am dealing with, "this too shall pass",
- 2. WHY I am doing what I am doing
- 3. Gives me a framework to say "no" to some opportunities that come my way

For example: I am not going to say "yes" to anything that leads me away from my healthiest self or having a strong relationship with my husband or having quality time with my son.

For more on this topic, check out the podcast I did on Priorities. Don't forget to download the workbook.
<https://successfulgenerations.com/episode059/>



Review your goals and your calendar:

Do a quick review of your weekly and quarterly goals.

Check your calendar each morning. Be mentally prepared each morning for what's on your calendar.

Create plenty of margin: schedule time to process in between meetings

Do you have enough time to get what you need done?

If not, schedule time in your calendar.

Not getting your work done? List the reasons why not here:

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Are these acceptable reasons? Why/Why Not

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Want more on goal setting, check out the podcast: <https://successfulgenerations.com/episode054/>

Check your To Do list:

What's on it?

What are the top 2-3 priorities on your list? Schedule time to do them on your calendar right now. Honor that time.



Breathe. You've got this

Take several deep breaths on your commute into work. Practice the thought for the day.

Square your shoulders, hold your head high, and get to it.

Ellie Frey Zagel has a Coaching Program called Lead Strong. For more information on the program, listen to the podcast here: <https://successfulgenerations.com/bonusepisode6things/>

You can learn more about Successful Generations and coaching with Ellie here: <https://successfulgenerations.com/sg-coaching/>

