

3 SIMPLE RULES TO LIVE BY

Part of my personal and professional leadership coaching process helps people and organizations to create rules that serve them well and to eliminate those that don't.

Rules start with beliefs and end with values. However, most people are not clear about their end values. When one's values are clear, it is easy to make rules that will serve them well throughout their life, with greater confidence and consistency. Most highly successful people have written rules they choose to live by.

Here are 3 simple rules of mine that I often share with my coaching clients and professional speaking audiences. These rules are so foundational, they can apply to everyone.

RULE #1: SHOW UP! It sounds too simple to even be a rule. But aren't the simplest rules in life are the easiest to understand and follow? Simplicity is the power! In the context of my live coaching programs, "Show Up!" applies to both our personal and professional life. These two words in deeper form reminds us to always: Be prompt, prepared, present and persistent. How we "Show Up" is a matter of choice. It could become a rule of thumb or practiced to mastery. People asked me how I got my private pilot's license. The answer is simple, I continued to "Show Up!"

RULE # 2: NO ONE SUCCEEDS ALONE Everyone brings potential value to a team or situation. Our success in life is determined by the quality and depth of our relationships with other people. A caveat to this rule, if you do happen to succeed alone, it's definitely not as much fun. A great leader of people and mentor of mine once told me, "Don't insult anyone by asking too little of them." It's that simple.

RULE #3: BEGIN WITH POSSIBILITY THINKING There is always at least one solution to every problem, challenge or opportunity. Great opportunity resides on the other end of great adversity. This is an immutable universal law. When we begin with thoughts of what can be done vs. what can't be done, not only does the job get done more efficiently and effectively, but more enjoyably as well. How would we get to our next cross-country destination if Wilber and Orville Wright actually listened those who didn't believe that flight was possible. That event was just over a decade ago. Imagine how far we have come today thanks to possibility thinking!

What personal rules are you willing to change to realize your greatest potential?



Rick Forgay is President and CEO of Business Leadership Mastery. Applied education for Executives and Entrepreneurial leaders who want to excel at growing thriving companies in any economy.

Programs includes customized corporate and small business leadership coaching, strategic summit facilitation, keynote and conference presentations.

Contact Rick at 413-262-4906

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