

LEADERSHIP COACH

# CORY M CARLSON

Leaders who want sustainable impact, have to win *at both home and work*. In order to win at both places, you have to be intentional. You can't be passive or reactive, instead proactive with your schedule and actions.

## 10 Ways To Win At Both Home And Work

### 5 Ways to Win at Home

1. **Date Your Spouse** – being roommates, or co-parents, does not create a strong relationship. You must go on dates so each other feels pursued, valued, and respected.
  - *When is your next one-on-one date with your spouse?*
2. **Date Your Kids** – kids want your presence more than your provision. Spend one-on-one time with them so they feel secure, confident, and loved.
  - *When is the next date with each of your kids?*
3. **Say You Are Sorry** – swallow your pride and say you are sorry to your family members when you mess up. As you show humility, so will your kids.
  - *What do you need to apologize for to your family?*
4. **Forgive Others** – don't hold grudges with your other family members. Your family is not perfect, nor are you. As you expect others to forgive you, you need to forgive them.
  - *Who do you need to forgive in your family?*
5. **Digital Sabbath** – find one hour a day and one day a week, to unplug from technology. You will survive. You will also slow your mind down.
  - *When are you going to unplug for one hour a day?*

### 5 Ways to Win at Work

6. **Think Time** - you need to create space in your work week to just think. Discern all the inputs you are hearing and decide the next steps to take.
  - *How can you find 1 hour each week for "Think Time"?*
7. **Big 3 Focus** – if we don't focus at work, we will always be reactive. Instead, make sure you get done what you think is most critical to move the company forward.
  - *What are the big 3 things you need to focus on this week?*
8. **Scheduled 1:1 Meetings** – Ad hoc meetings are disruptive and inefficient. Instead, have scheduled meetings with your direct reports to improve effectiveness.
  - *When are your 1:1 meetings with your direct reports?*
9. **Personal Vision Statement** – Some days are just hard. Some days are boring. However, a vision statement can help inspire you on those challenging days.
  - *What is your personal vision statement?*
10. **Celebrate The Wins** – So often in the workplace, we focus on the gap and not the gain. This wears us out and our team. Instead, what you celebrate gets accelerated.
  - *How can you celebrate your team's wins from this week?*

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Want to learn more ways to win at home and at work? Join us at [www.corymcarlson.com/subscribe](http://www.corymcarlson.com/subscribe)