

LEADERSHIP COACH

# CORY M CARLSON

Leaders who want sustainable impact, have to win *at both home and work*. If you only win at work, eventually your home life becomes mediocre at best. Leaving you to feel discouraged, defeated, and wandering; which then comes full circle to impact your work performance.

Winning at home is a key first step to have greater impact in your area of influence.

## 10 WAYS TO FOCUS ON WINNING 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 for your mistakes, 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. **Serve others** – take the initiative to serve other family members. Just because you worked all day, doesn't mean you served them. Help clean their room, play with them.
  - *How are you going to serve each family member this week?*
6. **Family meals** – have a meal, whether breakfast or dinner, where everyone is together. No phones or TV. Just talk. Ask the highs and lows of each day.
  - *When is your family meal going to be? Sunday night? Wednesday night?*
7. **Don't yell** – do not create an environment where yelling is common. Yes, there are moments of frustration, but not yelling every day or every other day. Yelling teaches your kids that is a proper way to handle conflict. Creates toxic, unstable environment.
  - *How can you use a calm voice in your next argument in your house?*
8. **Solitude** – you need to create space in your life for solitude. Remove the headphones, TV, electronics and find silence. This calms your heart, gives you margin to handle life.
  - *How can you find 15-30 minutes each day for solitude?*
9. **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?*
10. **Pray** – praying individually is a start, and then with family is the goal. Prayer centers the family on God, aligns each other with what matters, and creates unity.
  - *Are you consistently praying? Praying for others? Your household?*

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Want to win at *both home & work*? Opt-in at: [www.corymcarlson.com/join-me](http://www.corymcarlson.com/join-me)