



# *Mondays with Mike*

## AULTCARE

# Your Peace Index

GiANT International's leadership training includes a powerful personal reflection tool called the Peace Index. Suzi Lantz, who you have heard me reference in past editions of Mondays with Mike, took our AultCare middle management leadership team through an exercise that helps us view our current environment and the degree to which we are at peace with it.

Given all that we have been through, as well as what will challenge us in the coming months, it is a great time for each of us to reflect upon the following variables:

**Purpose.** How fulfilled are you with the work you are doing and the company/organization for which you do it?

**People.** How fulfilled are you with your co-workers and personal relationships and the degree to which they uplift or undermine you?

**Place.** How fulfilled are you with where you live and/or work, and how life-giving is it to you?

**Provision.** How fulfilled are you with your income or salary that you are making and the degree to which it meets your needs? What is your "enough?"

**Physical Health.** Do you have symptoms or ailments that affect your ability to do what you would like?

In simplest terms, think about each of these variables and self-score them on a scale of 1-100. Once you score each variable, average the 5 scores. That average is your Peace Index.

A healthy Peace Index score is in the range of 80 to 100. Anything 65 and below needs attention and focus. Is your overall score low, just about right, or high? Do you have a low score that you would like to make a priority? Do you have a high score that is helpful to you time and time again? This index will help you refuel and reprioritize as you make the turn into the start of a school year, the start of a season, or into the final quarter of the calendar year.

May "Peace" be with you!

