



MONDAYS

with Mike

AULTCARE

Weekly PLAN

monday

Leadership lessons and reflections from the Lakota Indian Tribe

The Lakota are a Native American tribe, also known as the Teton Sioux, located in North and South Dakota. Their leadership was developed and passed down from what was called a Code of Ethics. I share several of their ethics statements as a reflection for all of us as we lead our teams, schools, families, and workgroups. The wisdom in these statements is universal, as well as timeless. Perhaps we can take their richness and incorporate them into our personal interactions with others.

- Search for yourself, by yourself. Do not allow others to make your path for you. It is your road and yours alone. Others may walk it with you, but no one can walk it for you.
- Bad thoughts cause illness of the mind, body, and spirit—practice optimism.
- Avoid hurting the hearts of others. The poison of your pain will return to you.
- Never speak of others in a bad way. The negative energy that you put out into the universe will multiply when it returns.
- Children are the seeds of our future. Plant love in their hearts and water them with wisdom and life's lessons. When they are grown, give them space to grow.
- Keep yourself balanced. Your Mental self, Spiritual self, Emotional self, and Physical self—all need to be strong, pure, and healthy. Work your body to strengthen the mind. Grow rich in spirit to cure emotional ails.

These are so thought-provoking – and so true! I hope that they will find their way into our personal worlds in some positive way.

Have a great finish to your month of January!

