



MONDAYS

with Mike

AULTCARE

Weekly PLAN

monday

Five High-Performance Habits

Author, speaker, and performance coach, Reinhard Klett, shares the following about culture and how to instill five key habits to boost performance in all of life's leadership roles. The leader truly determines the culture!

His definition of culture is taken from Bill Marklein:

Culture is how employees' hearts and stomachs feel about Monday morning on Sunday night.

And he shares the following five habits that will create a high-performance culture in our workplaces, locker rooms, family homes, and in our friendship circles:

1. Seek clarity of purpose. Know what you stand for and model this in all that we do.
2. Generate energy. Take care of yourself by attending to your physical, mental, emotional, and spiritual needs. If we do not have the energy to lead culture, then the needed culture will not have the energy to prevail.
3. Demonstrate courage. Be able to have difficult conversations, do not avoid necessary challenges, and listen well. Encourage courage with/for others.
4. Increase productivity by letting go of the controls. Know what work is best for you and what work is best for others to do.
5. Develop influence by being a role model of caring support while setting challenging goals. Remember, no praise is silent complaint.

This week, let's "take 5" and see how our culture is being nurtured by our personal habits and relationships.

Have a high-performing week this week – and every week!

