



# MONDAYS

*with Mike*

## Life and Leadership . . . Lessons from the Bhutan Tiger's Nest Monastery

Dr. Joann Krivetzky, Vice President of Aultman Medical Education, shared an awesome article about the life and leadership lessons that were gained by a group of leaders who made the challenging trek to the Bhutan Tiger's Nest Monastery.

In each of our leadership and life journeys, we need climbing insights in much the same way the group needed as they scaled the mountain to the monastery. Enjoy this list as you strengthen your leadership influence and impact in every aspect your personal "climbs" as parents, coaches, leaders, and friends.

- Go slow to go fast. Altitude changes everything. Sometimes slowing down is the fastest way to succeed.
- Celebrate the small wins. As we made the journey in the fog, we kept celebrating small wins and milestones along the way.
- Take it all in. Don't rush through life. Savor the moments, both during the journey and when you reach the destination.
- Find your tribe. Surround yourself with a supportive community. Who travels alongside you, cheering you on?
- Send a scout. Learn from others' discoveries and mistakes before you charge ahead.
- Put your phone away. Be present! Sometimes the most meaningful moments happen when we disconnect from distractions. Being free from the phones allowed us to focus on the moment and take the sounds and views in.
- Be curious. Listen carefully to what is said – and what isn't said. Curiosity opens new paths.
- Challenge assumptions. Keep an open mind. Even kids in flip flops made it up the mountain!
- Pragmatic optimism. The fog will clear eventually, but you must keep climbing or descending even while you wait.
- Let go of ego. Beware of the three destructive forces:
  - o Greed (the monkey)
  - o Anger (the snake)
  - o Ignorance.
  - o Only by releasing these can we truly grow.

Climb well this week . . . and every week!