



# MONDAYS

*with Mike*

## Preparation: The great separator

The best of the best in the world understand that the knowledge and confidence they get from preparation is a separator. Preparation creates knowledge, and knowledge breeds confidence. Furthermore, preparation allows us to be ready for the unexpected. It allows us to be agile in those unexpected situations. Being confident and agile are critical as we lead our teams, families, and work groups.

Here are three things that Kevin Eastman, author of *Why the Best Are the Best*, shares that preparation can do for us:

1. Preparation trumps pressure.
2. Preparation fuels confidence.
3. Preparation becomes your separation.

Additionally, the depth of preparation can be summarized by the Iceberg Principle. Only 10 % of an iceberg’s mass is visible above the water. The strength of the iceberg is underneath the surface, unseen. The depth of our preparation is where our strength comes from.

Erik Logan, President of the Oprah Winfrey Network, shares that he spends one hour preparing for the 10 minutes that he will be speaking. What a great example!

Here are a couple of neat quotes to close out this week’s reflection about preparation:

Be there before you get there.  
Kevin Eastman

Prepare for the future because that is where you are going to spend the rest of your life.  
Mark Twain

Prepare to have a great week!

