



MONDAYS

with Mike

The Yes Trait

In his book, *Building Champions*, Jeremy Bechler speaks to the concept of the “Yes” trait. He makes it perfectly clear that the “Yes” trait is not that you say yes to everything and try to please everyone.

Rather, it is about being solution-oriented. It is having a can-do attitude. It is the ability to be positive and find ways to get things done. This is accomplished through enthusiasm and positive leadership.

Positive leadership is not about ignoring the negatives or living in denial, but rather it is the ability to overcome the negative.

We do not need to invent the I-phone, have an Ivy league education, or be a championship coach to add value to others. All we need to do is intentionally seek out ways to help the people around us do more, create more, and become more than they ever thought possible.

This week, let's embrace the “Yes” trait by adding something of value to every situation we encounter. Spread positivity. Catch people doing things well. Be a big dose of Vitamin-C to those around us. Find a way to get things done. Be solution- focused rather than problem-fixated.

As Sheryl Sandberg says,

Leadership is about making others better as a result of your presence and making sure that impact lasts in your absence.

Have a week full of “Yes” traits!