

## 5 Marks of a Mature Leader from The Wisdom Lunch Warrior

- 1. POSSESS A WHITE-BELT MENTALITY:** The first time I heard this term it was from my good friend and expert in the field of mental conditioning, Bernie Holliday. We all must have a child like hunger to learn every day, especially the older and more experienced we become. The white belt is a beginner's belt in the martial arts arena, and the most elite and mature leaders see themselves as constant learners! *Do you try and learn one new thing each day?*
- 2. CONTROL THE CONTROLLABLES: A Controllable: Something that can be directed, influenced or dominated.** Top leaders in today's world have two great abilities: One, they can discern properly what their controllables are and Two, they don't just control their controllables, they dominate them on a daily basis. Mature elite leaders do this while simultaneously, fully letting go of the things they cannot control. *What are your controllables (like attitude and effort) and are you dominating them daily?*
- 3. MAINTAIN A SNIPER FOCUS:** In this chapter in the book I base the story on my work with the Navy SEALs and their Instructors. Mature leaders are not distracted, they have a laser beam focus especially when working with people. Mature leaders do not look at their phone or read emails when with speaking with their people. They are disciplined and know the key to productivity is high clarity and not multi-tasking. *If you surveyed your friends and coworkers would they say that you give them your full, undivided attention? How about if I asked your spouse or children?*
- 4. DON'T BUILD DUNGEONS:** Perhaps the greatest killer of potential and like-ability, is our attitude about ourselves and how we perceive situations or things that happen "to" us. Immature leaders/people build their own prisons by allowing themselves to feed on Self Pity, Jealousy or Resentment, Impatience and Bitterness. Mature, elite leaders operate with a victor mentality, not a victim mentality. *Perhaps the greatest key to keeping yourself from building your own dungeon is the ability to forgive others and not compare yourself to others. How do you put yourself in the dungeon? Now stop it.*
- 5. BE A P.R.O.:** This acrostic came from an organization I work with who wanted to give young players an understanding of what it meant to be a professional. People who are professionals are experts in their field or craft and leaders should be PROs. Many immature leaders in today's world label themselves as experts because they wrote a book or have a blog with many followers, but a true PRO doesn't have to tell people or pretend they are one. They simply live it out daily. A true pro is a mature individual who isn't great just once, but performs at a high level every day and makes others around him or her even better. So what does P.R.O. stand for... Surely you didn't think I would give you everything from the book did you? *Are you a PRO at work and at home? Is your greatest ability your dependability?*

***In closing, I want to remind you that none of the above can be done on your own. We must have mentors who come along side us to both help us, as well as hold us accountable to our convictions. Isolation and a lack of mentors in your life will make you an expert dungeon builder and God knows, none of us want to receive that award. I challenge you to find mentors who can help you be the leader you have the capacity to be in 2017!***