

"6 Questions Elite Leaders Ask Themselves Every day to Attack Balance"

Earlier this month I was asked to speak at an event for business leaders who were graduating from a yearlong elite business leadership academy. They asked if I could speak to being a great leader both at work and at home.

As I prepared for the keynote, I asked myself, "What is the #1 question I get most often from elite leaders?" The question jumped at me... "Rod, how can I maintain balance between my work and home life?"

Before I give you a very simple way to keep your mind and heart where they need to be for balance, I first, want to share a hard truth with you... COMPLETE BALANCE IS A MYTH!

Every elite leader I have ever met, worked with or read about was not leading a balanced life. Elite leaders and performers are driven by their passions and this causes a huge imbalance in their lives. Unfortunately, as little as 10 years ago, I was coaching and teaching elite leaders that they need to be "in balance" at all times. I was teaching the same "tired" thought processes I was taught...you should always be in perfect balance and harmony with your work, family and faith and if you're not, you are a failure. Well, after 35 years of battling myself and seeing so many struggle with achieving balance, my colleagues and I have come to a conclusion: **Perfect balance in life just isn't possible, and the more elite you are, the more difficult it can be.**

So what are we to do? I want balance, I don't want to be a bad spouse or parent and I sure don't want to be a poor leader at work who isn't known as innovative and hard working. The first step to balance is to realize perfection isn't possible and second, if you're not thinking about and fighting for balance every day, you're in trouble. With that said, here are **6 questions you can ask yourself, (every morning and evening)** of your work day so you can engage in the fight. These questions, if answered honestly, will keep you in the right mind set and allow you to be proactive and win the balance game.

6 Questions Elite Leaders Ask Themselves Every Day

**"Remember, if you are fighting for balance
everyday... you are elite!"**

3 Questions to Ask When You Arrive at Work (a.m.)

1. Why am I grateful for this leadership position?

Attitude or Mantra: "It's impossible to be grateful & negative at the same time."

2. What is my Leadership Purpose...Why do I lead?

Attitude or Mantra: "Great leaders are driven by a cause greater than themselves."

3. How can I put People first today while closing the gap between reality and what I want from them?

Attitude or Mantra: "People are our separator, I must value people over programs."

3 Questions to Ask at the End of Your Work Day (B4 going home)

1. What are 3 things I nailed today as a leader, 2 things I didn't execute and what is the #1 thing I learned today that I will take into tomorrow?

Attitude or Mantra: "Championship Review is the key to ongoing success and growth."

2. What is the #1 thing I need to STOP doing based upon my experiences today?

Attitude or Mantra: "Elite leaders know what to do, but especially what NOT to do."

3. How can I "Be where my feet are" when I get home and what does my family need from me tonight?

Attitude and Mantra: "If my family doesn't like who I am as a leader, I am a failure no matter how much success I have at work."

In closing, I want you to know that I too struggle with balance and I must be intentional about executing this process every morning and afternoon or evening. I use a notebook and at times, my phone to keep my notes daily. As leaders, we must be striving for balance, not the perfect life. We must fight for balance and we must ask our loved ones often if we are executing and winning the fight for balance.

As a good friend of mine says, "We must do well not just mean well."

Make it a great month and be a Legacy Builder, fight for balance!

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- 1. Why am I grateful for this leadership position?*
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 - 3. How can I put People first today while closing the gap between reality and what I want from them?*
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- 1. What are 3 things I nailed today as a leader, 2 things I didn't execute and what is the #1 thing I learned today that I will take into tomorrow?*
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