

This Month's Jolt of Java

"Who are the Voices in Your Head as You Lead?"

To this day I can still here Coach Moore's voice... "Just relax and be patient, it will all work out in time."

-Scott Satterfield, Head Coach Appalachian State Football

Earlier this month, I opened up an email on my phone from a coach, whose name I recognized from a workshop I had done a couple of years ago. He was emailing to say he had just re-read my book, *The Legacy Builder*. He told me he reads it every fall before his season and the school year begins. He told me he reads it because it keeps the *right voices in his head*, especially as things get busy and chaotic. Lastly, he told me he can still hear my voice in his head from the workshop he attended years ago...and I guess that is a good thing.

Who are the Voices in Your Head?

His email led me to ask myself, who are the voices in my head? Who am I listening to when I need to make decisions daily? I started to make a list:

1. Mom... "God has a plan for your life, hang in there and follow it."
2. Dad... "Remember, when one door closes another one will open, keep going!"
3. Keli... "Things that are built to last are not built fast, trust the process."
4. Clint... "Be a simple man in a complex world Rod. Fight complexity daily."
5. Frosty... "When you make a mistake, admit it, fix it and Don't Repeat it!"

Stop right now, and make a short list of the "go-to" voices you hear in your head and where they came from...I think you'll find it empowering:

3 Simple Ways Top Leaders Control the Voices in Their Head

1. FEED YOUR MIND WELL: Garbage in Garbage out! We have heard this saying our entire lives and it's true. If you keep feeding your mind images, stories, thoughts and words that are negative and detrimental to your mental health, you will struggle with your thoughts. However, the opposite is true also. If you fill your mind with helpful things and read or watch things that help you grow and challenge you in a positive way, you will find that the voices you hear will default to those HELPFUL things. This also means we must ruthlessly eliminate things that don't make us better people. Remember, all things are permissible but not all things are beneficial.

2. BAD COMPANY CORRUPTS GOOD CHARACTER: Elite performers and leaders know the secret to protecting yourself from yourself, especially in today's world is to surround yourself with people that make you better and are good for your development. If we are the summation of our friends, then we must choose wisely who we choose to spend time with on a regular basis for these are the voices are mind will hear when we are in crucial situations. Who are you hanging out with especially at night?

3. TRAIN YOUR MIND: If we take the viewpoint that the mind is a muscle and you can train your mind's ability to focus and concentrate on the things you want it to and learn to make it let go of those thoughts you don't, we must train our minds. Mindfulness is a powerful exercise that can be performed daily and is being practiced by many elite athletes and leaders today. This is not a religion or a far east meditation, it is the practice of learning to control our thoughts and focus. [Click Here for an Article on Mindfulness in Sport](#)

BONUS - FEED THE MONSTER: Elite performers and leaders are super intentional about what they read, watch, listen to and who they spend time with in dialogue on a daily basis. They are constantly filling their minds with the 'right voices' so they can become the best version of themselves. What are you feeding your mind each day?

Remember, there is also another side to this conversation, as you may be the voice in someone else's head. What voice are your players or employees hearing in their head from you? What are the sayings that your spouse and children are replaying in their heads each day from you? You can control what you want others to aspire to by simply speaking and modeling the behavior you want to instill in others daily.

Make it a great month and keep making a difference!

"You can't give away what you don't possess yourself." -Keli McGregor

Be a Legacy Builder!