



Happiness@TheSpeedofLife Newsletter Edition 78: Lead Your Life

1,647 words of content including **two important distinctions** and **six Tips to Lead Your Life**.
Approximate reading time required: **6.58** minutes. And isn't your Happiness worth it?

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Welcome to my e-newsletter, which focuses on defining and applying the Principles of Happiness and Positive Emotion in your life and work.

If you received this from a friend, [SUBSCRIBE](#) now to get your own copy in the future.

IN THIS ISSUE

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- I. Stop Managing, Start Leading Your Life
- II. In The Workplace: Leaders Sustain
- III. Personal: Advice for the Trip
- IV. Commerce Division: Lead Your Life
- V. Summer Reading: "Must Reads?"
- VI. About the Coach

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I. STOP MANAGING, START LEADING YOUR LIFE

For the past 13 years, in my writing and my speaking, I've been quite deliberate in my use of the word, Leadership. Only recently have I realized the degree to which I *assumed* that everyone who reads or hears my message understands exactly what I mean by that word. Not!

Most people, I've learned, think the terms Manager and Leader are interchangeable. I use these words to define two **different roles** we must play to be successful, at work and in life. Both are important, yet in different ways – and the most successful among us strive to achieve a balance between the two.

This chart shows a sampling of the distinctions I make between the two mindsets:

| Manager Mindset: | Leader Mindset |
|---------------------------------|--|
| Command, Control | Communication, Conversation |
| Task Focus | Personal Presence |
| Compliance with Expectations | Engagement with Vision |
| Metrics & Measurement | People & Relationships |
| Maintain the System | Build New Systems |
| Reactive stance | Proactive stance |
| Safety & Predictability | Risk & Discomfort |
| Efficiency (doing things right) | Effectiveness (doing the right things) |

WE LIVE IN A MANAGEMENT CULTURE

We live in a culture that obsesses over control of outcomes, predictability, and immediate gratification (short-term results), which is really a Manager mindset. It's important to get results, it's important to have rules and predictability. Yet if we spend all of our time there, our

world is reduced to the pursuit of Perfection (impossible) and the belief that we are always supposed to be “in control” (an illusion) and have a Fix for every problem. Thus, we are constantly set up for disappointment.

We often agree, in general, that much of what we’ve been doing is no longer working, and we want things to change. But what we really mean when we say we want change is that we want for everyone *else* to change, and for us to get what we want without discomfort.

Managers, who are fabulous at maintaining the status quo, cannot take us into the future. **Leaders are those who declare a future that is different from the past – and that takes courage and requires that we let go of the familiar to step into the unknown.**

Yet in our culture, we often punish leaders, because they make us uncomfortable – even when we agree with them.

EACH OF US HAS A MANAGER AND A LEADER INSIDE OF US

Your internal Manager (aka Habit) keeps your physical, emotional, and assessment systems running in the background, so you don’t have to think about everything all the time. Your Manager also provides feedback on your “performance,” and points out when others are creating problems for you. Most importantly, your Manager works hard to keep things predictable. .

Your internal Leader challenges you to learn and evolve. Your Leader wants to have conversations about vision and values and a new future, and asks, “are you sure you’re heading in the right direction?” Your Leader strives to build better connections with others; and most importantly, pushes you out of your comfort zone and reminds you when what you are doing is out of sync with what you say you want -- **if you choose to listen!**

WHAT DOES THIS HAVE TO DO WITH HAPPINESS?

When you find yourself “stuck,” it’s often because you have stopped listening to your internal Leader.

To Lead Your Life, you must:

- **Declare a different future.** Create a new vision for your life. Reexamine your personal values and notice where your behavior does not align with what you SAY is important. Then take action to change.
- **Take personal responsibility for You.** Let go of (ever) blaming others for anything that happens. You are always half of every relationship, and when you choose to change, you can transform your outcomes.
- **Reach out to others for support.** Build a team around you (which can include a Coach, of course!) and leverage others to keep you moving in a new direction and hold you accountable to your promises.
- **Risk, Fail, Learn, and Grow.** Any behavior that’s not working for you can be changed (even if your internal Manager resists). Try new approaches to how you walk, talk, sit,



From my first reading of this book, I named the distinction “Manager vs Leader,” and still see it that way today. The bottom line is that true leaders (the Level 5) step outside of themselves and the comfort of knowing, and into the DIScomfort of not knowing and taking care of others. There is nothing wrong with being a manager...but the BEST results come from those who model and nurture strong leadership in their organizations.

Remember, Leadership is not about a title: Anyone can be a leader who builds sustainable systems that best serve the organization, respects people, and shines the spotlight on others, first.

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III. PERSONAL: ADVICE FOR THE TRIP

Whenever I share that we are heading to Italy for a holiday, there’s someone in the room who has already been there, so I ask, “**what advice do you have for a first-timer?**”

While some suggest places to visit (Don’t miss the Vatican Museum! You must see the Coliseum in Rome! Assisi was one of my favorite places!), **most feedback has concerned a general approach to our adventure.** I really cherish these tips, since my primary goal is to experience the culture, even more than to “see the sites” (tho’ we’ll be doing plenty of that, as well). Here are my favorites:

- **Never criticize the pasta.** Italians invented it, they know how to do *al dente* better than anyone else; remember that real *lasagna* is thin; and it’s not about the cheese. (I’m so excited about the gustatory delights that await us!)
- **Slow down.** Notice that Americans have a different relationship with time than do Europeans. Italians may drive *molto veloce*, but they know how to live *lentamente* (slowly). (Ahh, that will be nice to experience!)
- **Ask the locals.** Tourist publications are helpful, but the people who live there know best.
- **Wear comfortable shoes.** Everything is close enough to walk...and that is the best way to experience the culture.
- **Eat gelato every day.** This is my favorite piece of advice. And the best part, according to my advisors, is that all the walking will cancel out the daily *gelato e vino!*

I am looking forward to ***una grande vacanza con mia famiglia, cose boune da mangiare, e nessuna tecnologia!***

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IV. SHAMELESS COMMERCE DIVISION

Does the idea of LEADING your own life hold appeal for you? Several of my coaching clients will complete their one-year coaching program in the next few weeks, so I have three openings for new clients starting in June/July.

If you’d like to explore coaching, I invite you to schedule a no-obligation [Leadership Strategy Session](#) in early June. In this one-hour coaching conversation (which will require some pre-



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work on your part) we will explore what is missing in your work/life right now, and where you'd like to go next. I'll spend a few minutes explaining my coaching program to you, of course, but whether you are ready for coaching or not, **I promise you'll leave the conversation with a great deal more clarity about your current situation and several ideas to help you take your leadership to the next level!**

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V. SUMMER READING: "MUST READS?"

Good heavens, can you believe it's already time for my TWELFTH ANNUAL Summer Reading List (SRL)? Each year I solicit ideas for great new reads you've discovered over the past year. I'm looking for titles on COACHING, HAPPINESS, and LEADERSHIP as well as great NOVELS and frothy little BEACH BOOKS. **The list will be shared via this newsletter and my Social Media sites on June 22.**

Please share what made your MUST READ list this year! [Visit my blog for information](#) on how to submit your recommendations, or simply [click here to send me an email NOW!](#)

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VI. ABOUT THE COACH

Hi, I'm Jim Smith, PCC, The Executive Happiness Coach®. I work with smart, successful people like you, who secretly struggle with overwhelm and fear that you won't have what it takes to succeed at the next level. I help you expand awareness of your strengths and limits, explore new paths to effectiveness, then support you **as you build powerful new behaviors that transform how you "show up" in your life and work.** You will achieve more clarity, build broader leadership skills, and expand your capacity to LEAD your life on a MUCH bigger stage!

I have helped thousands of leaders and business owners just like you to increase effectiveness at work AND live a happier, more balanced life. I invite you to contact me for a free Leadership Strategy Session to learn how you can create **a less-stress leadership presence.**

Reach me directly: Jim@TheExecutiveHappinessCoach.com or +1-440-885-3247

All things Happiness Coach:

Blog: www.LifeWithHappiness.com. Ask me a question on [LinkedIn](#), [Friend me on Facebook](#), or [Follow me on Twitter](#).

View past editions <http://www.TheExecutiveHappinessCoach.com/newsletter/archives.cfm>

Happiness is a decision, not an event.

How will YOU decide today?

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