



MBS: MIND, BODY, SPIRIT

DOES IT MATTER TO LEADERSHIP?



INTENTIONAL



ACCIDENTAL

I FEED MY SPIRIT

I TRAIN MY BODY

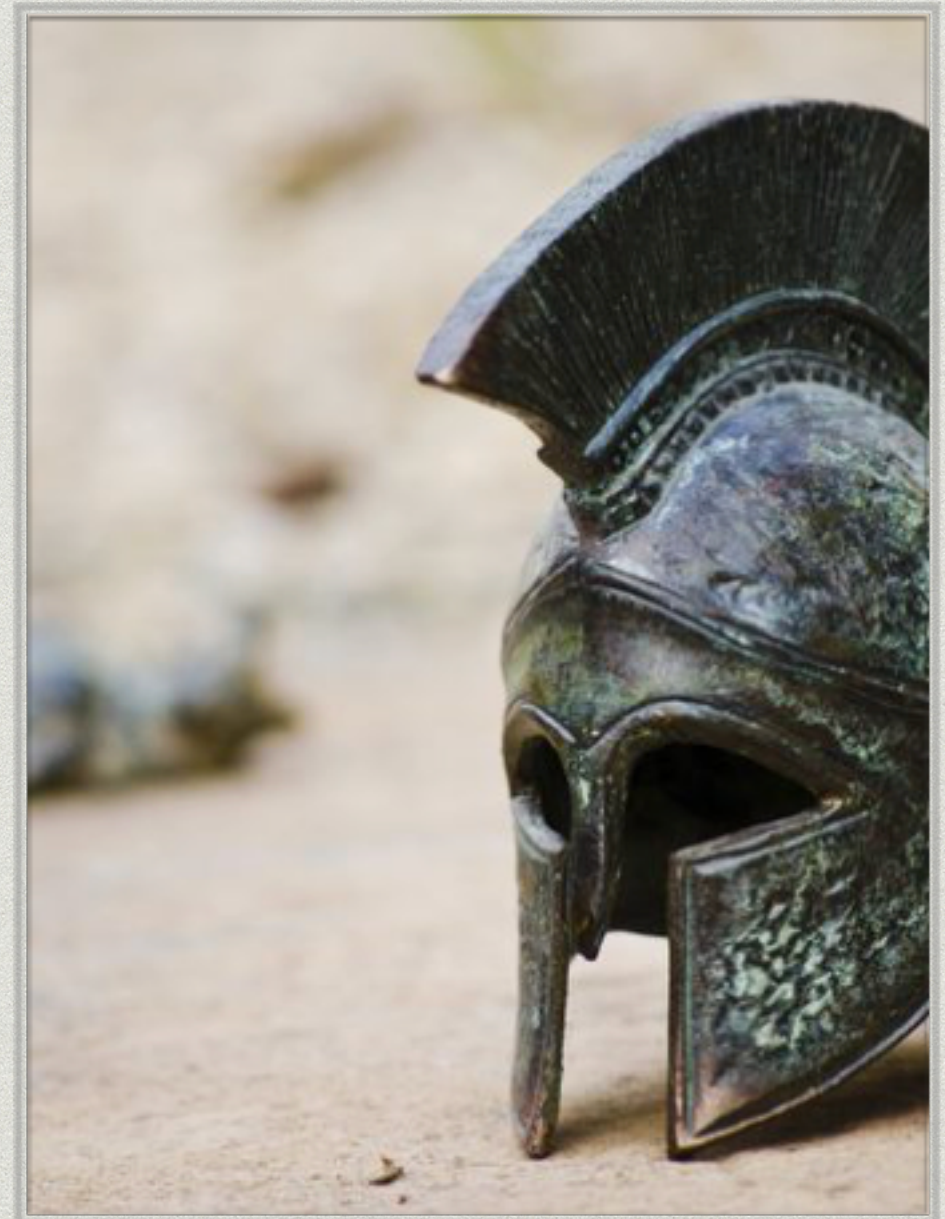
I FOCUS MY MIND

IT'S MY TIME

....A THOUGHT

Why?

- * Most ancient cultures pointed to a connection between **body, mind, and spirit** and recognized that each composed a part of the whole.
- * Integrative medicine and health psychology are beginning to recognize that health is influenced not only by the physical body but the spiritual, mental, and emotional bodies





YOUTUBE?

FIND ONE THAT WORKS FOR YOU

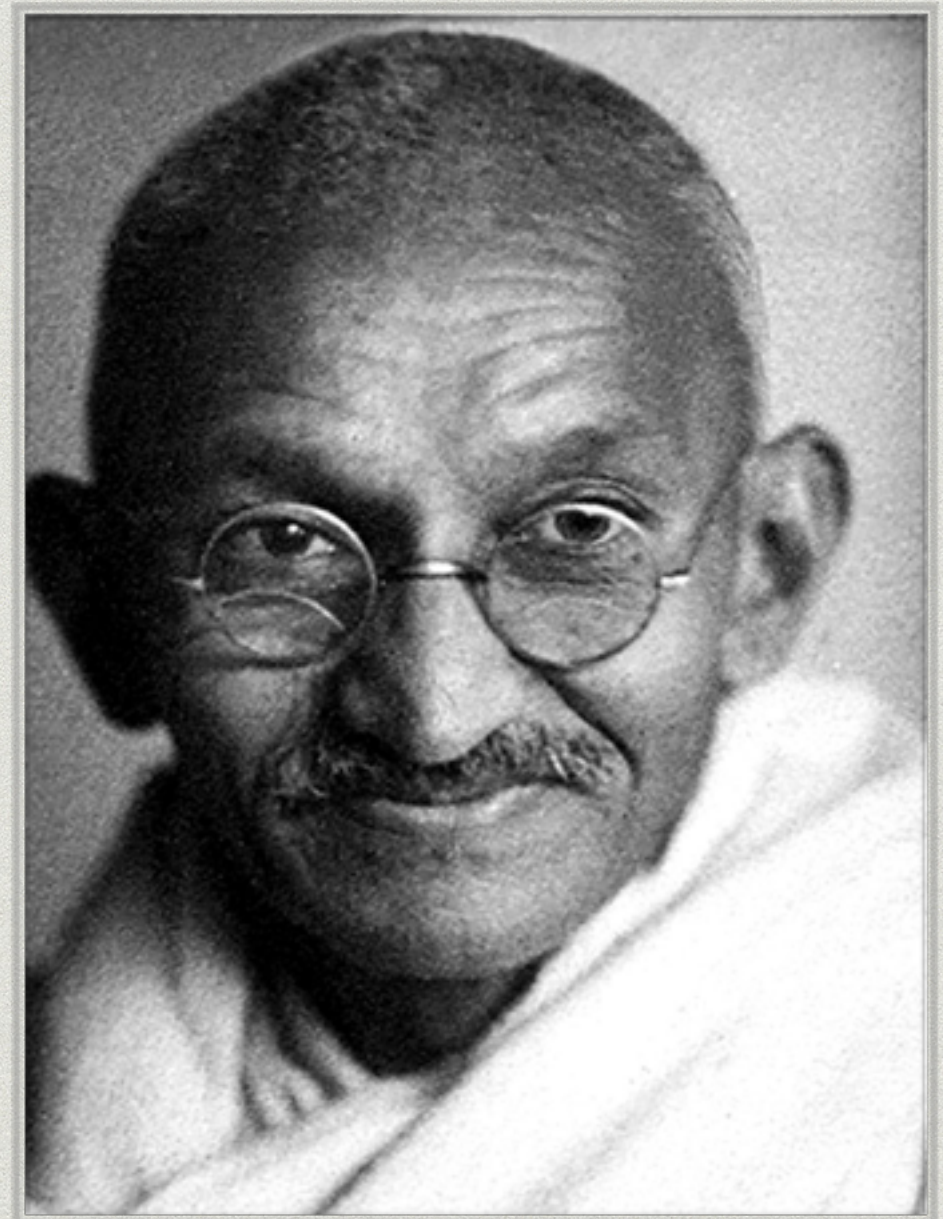
Why?

- * What does a leader do?



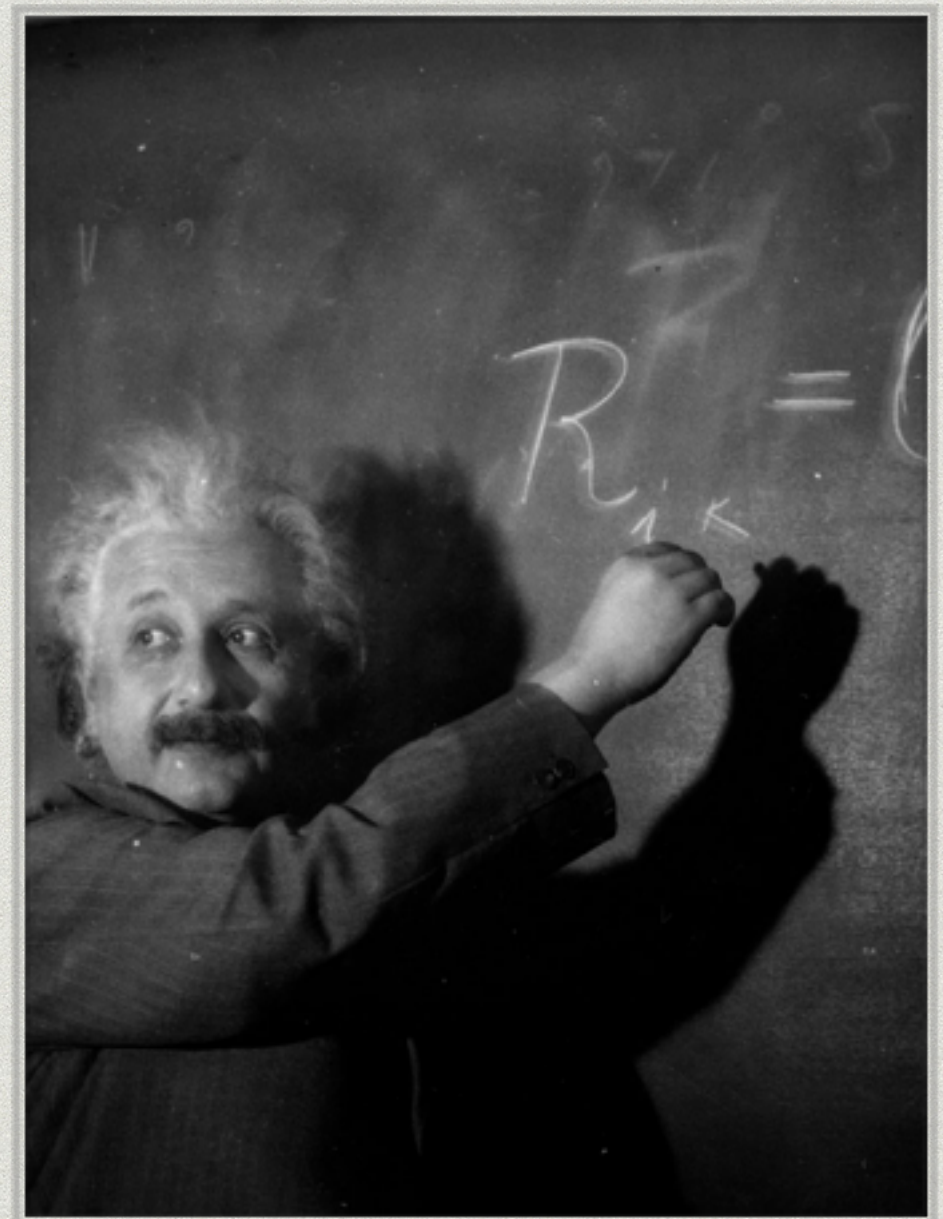
Why?

- * What are the character values most essential to exemplary leaders?

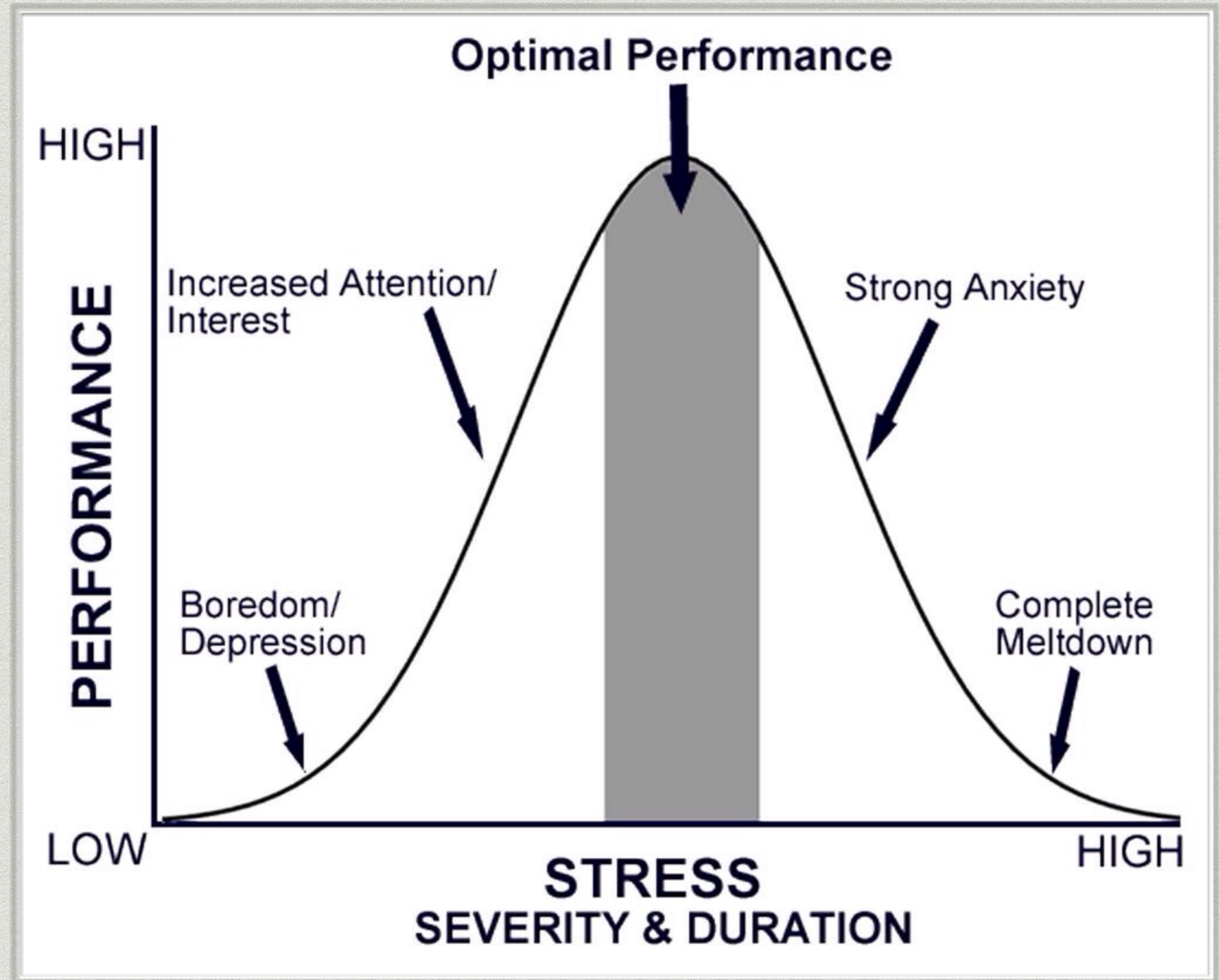


Why?

- * How do we teach these virtues?

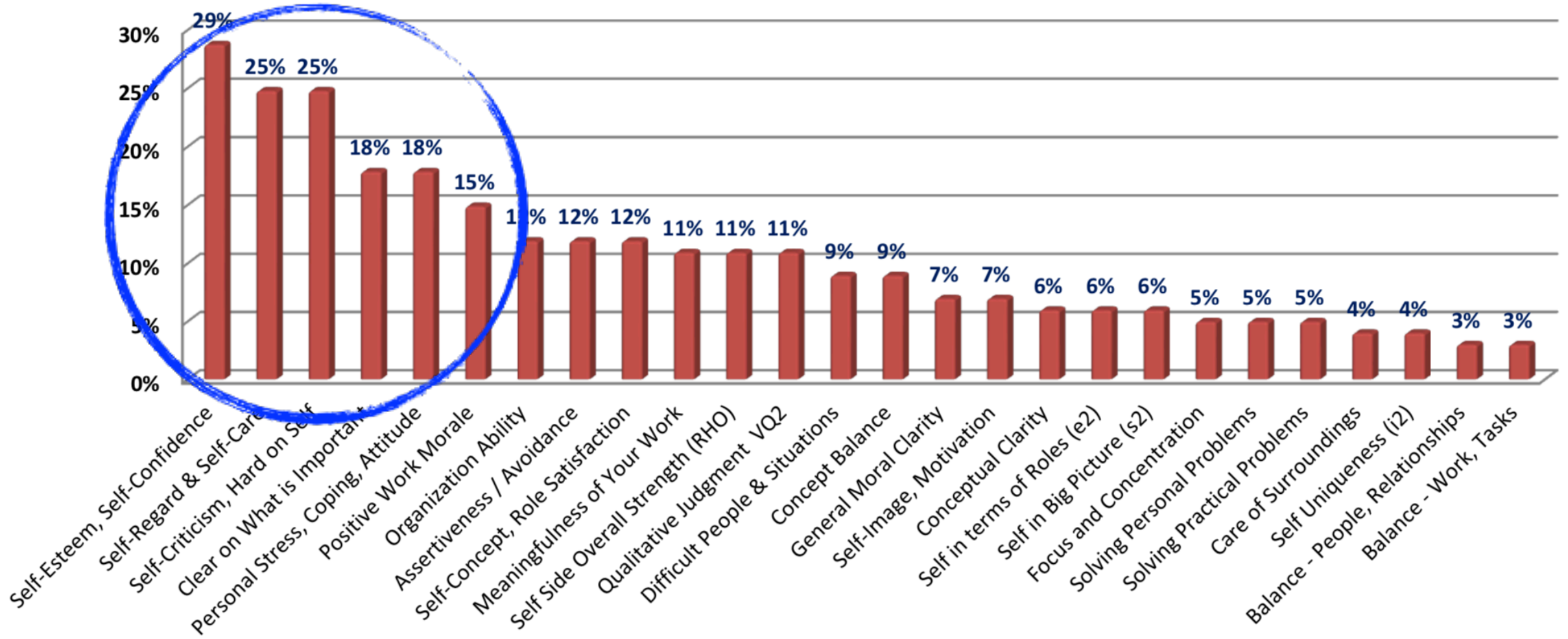


Why?

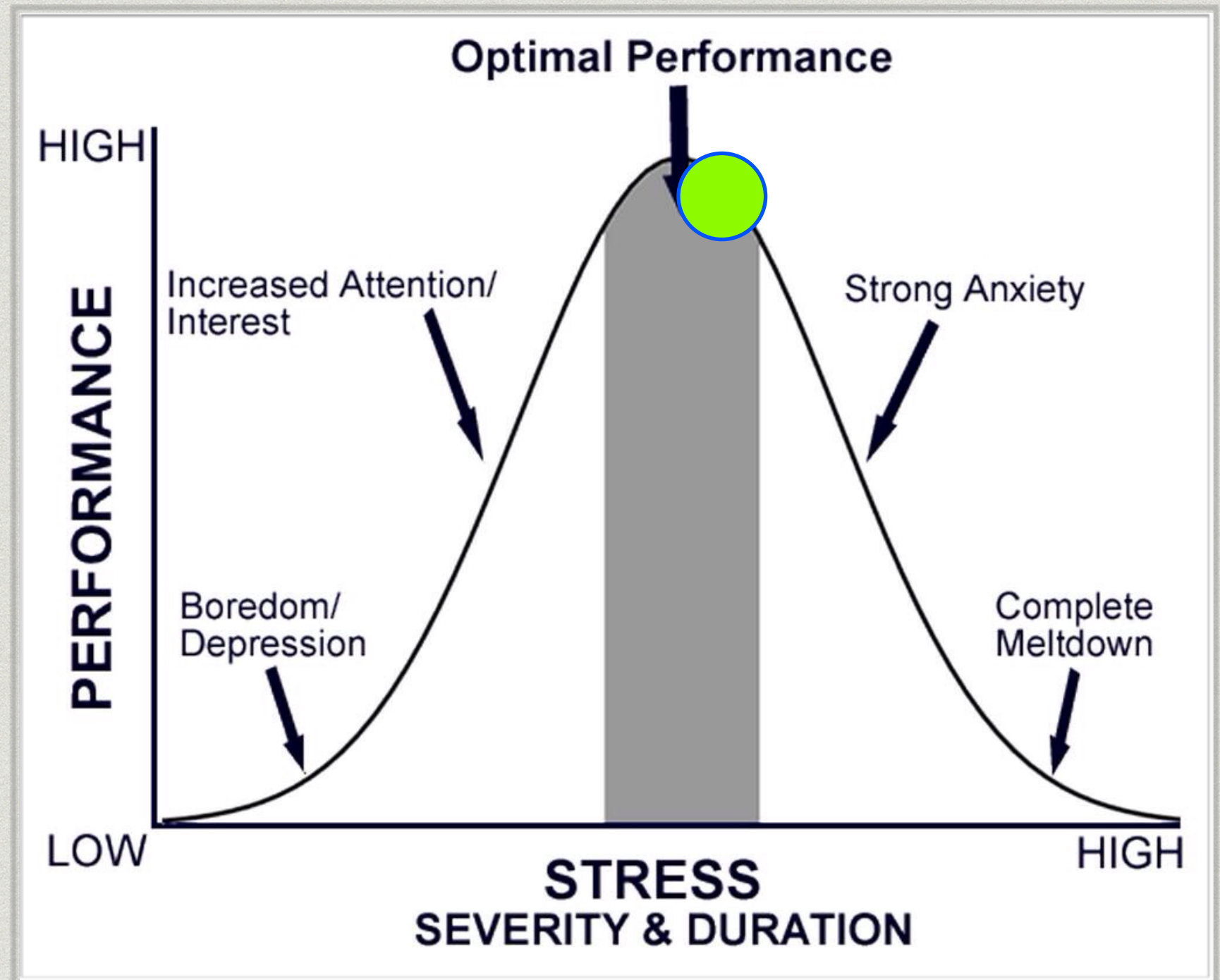


- * ...optimal performance

Areas of Judgment with Below Average Results




Why?



- * AND—it takes all of you—
Mind, Body, and Spirit

Mind

- * What is it?



Mind is a
beautiful servant,
but a dangerous
master.

e-buddhism.com

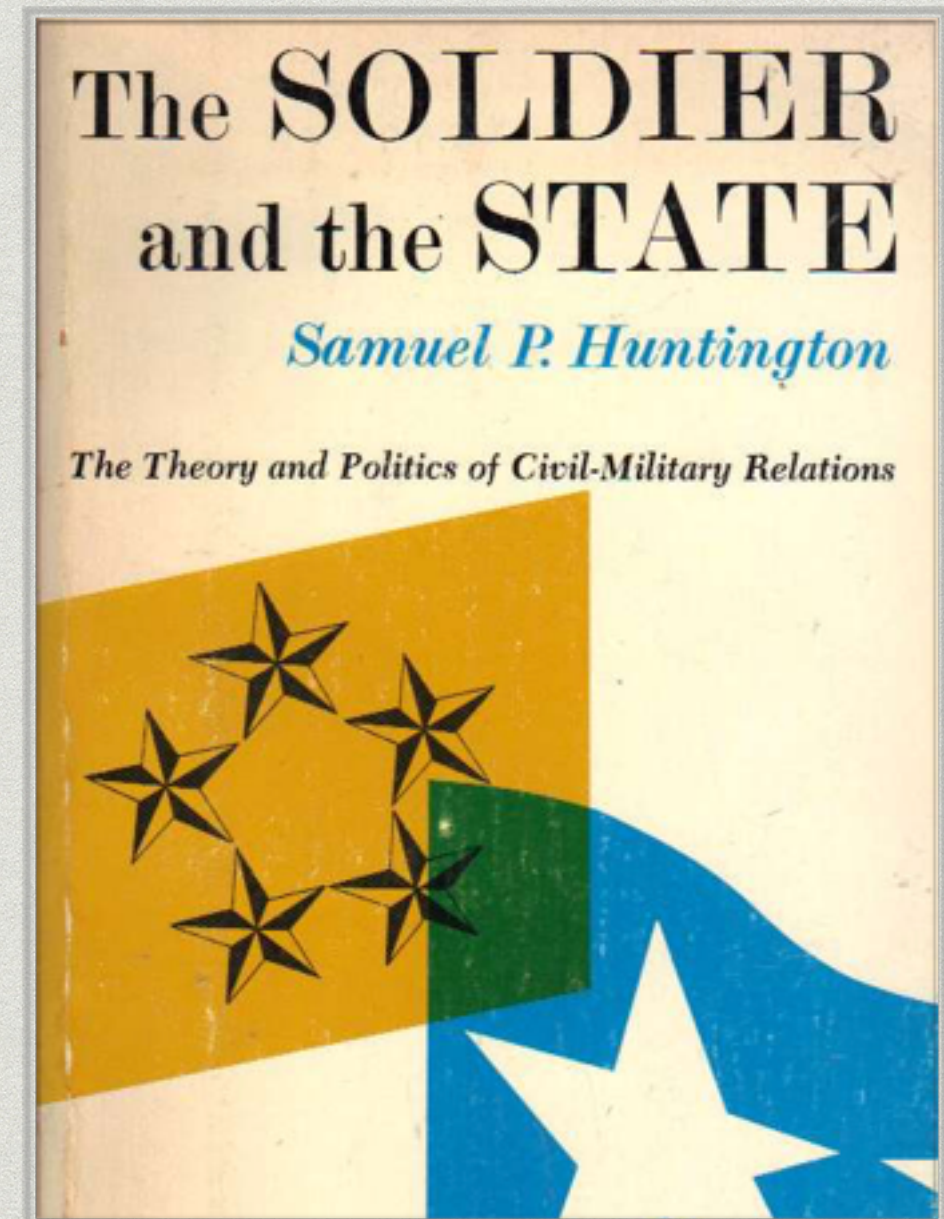
Mind

- * Military Mind
- * Civilian Mind
- * Innovative Mind



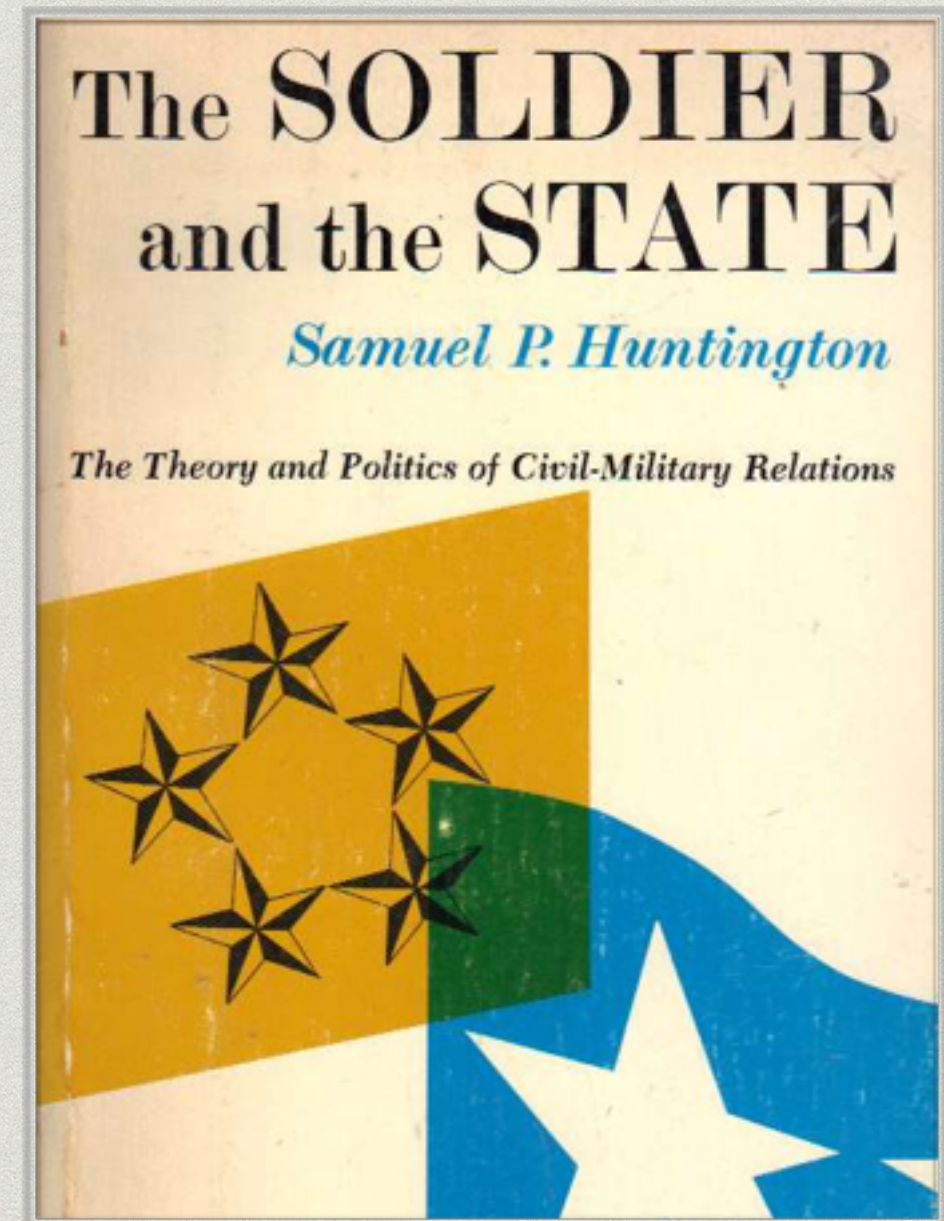
The Military Mind: Huntington, 1957

- * Emphasizes: “permanence, irrationality, weakness, and evil in human nature.”
- * More focused on vice than virtue, suspect of human cooperation, skeptical of change
- * measure of value: status quo
- * pessimistic, historically inclined, realistic, conservative



The Civilian Mind: Huntington, 1957

- * cooperative world
- * optimistic
- * change oriented
- * liberal view



Warfare in this age of innovation has become increasingly reliant on information technology—the common operating pictures of network-centric warfare is an example. The military mind, then, must increasingly collaborate with the developers of information technology.

- * Open to experimentation with new ideas
- * Trusts in collaboration
- * Radical change is the norm in the age of innovation
- * Collaborative technology: unheard of one generation ago, and the same will likely be true one generation from now



The age of innovation is the period of hyper-connectivity and information sharing created by the information technology revolution of the 1990s, and it is still unfolding today.

DeWees: Innovative Mind

- * Huntington argued—officers should spend much of their time learning:
- * “The intellectual content of the military profession requires the modern officer to devote about one-third of his professional life to formal schooling, **probably a higher ratio of educational time to practice than in any other profession.**”

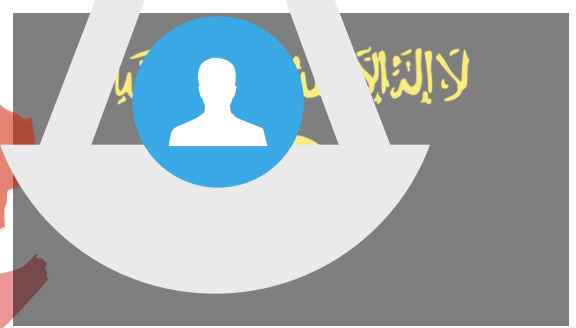
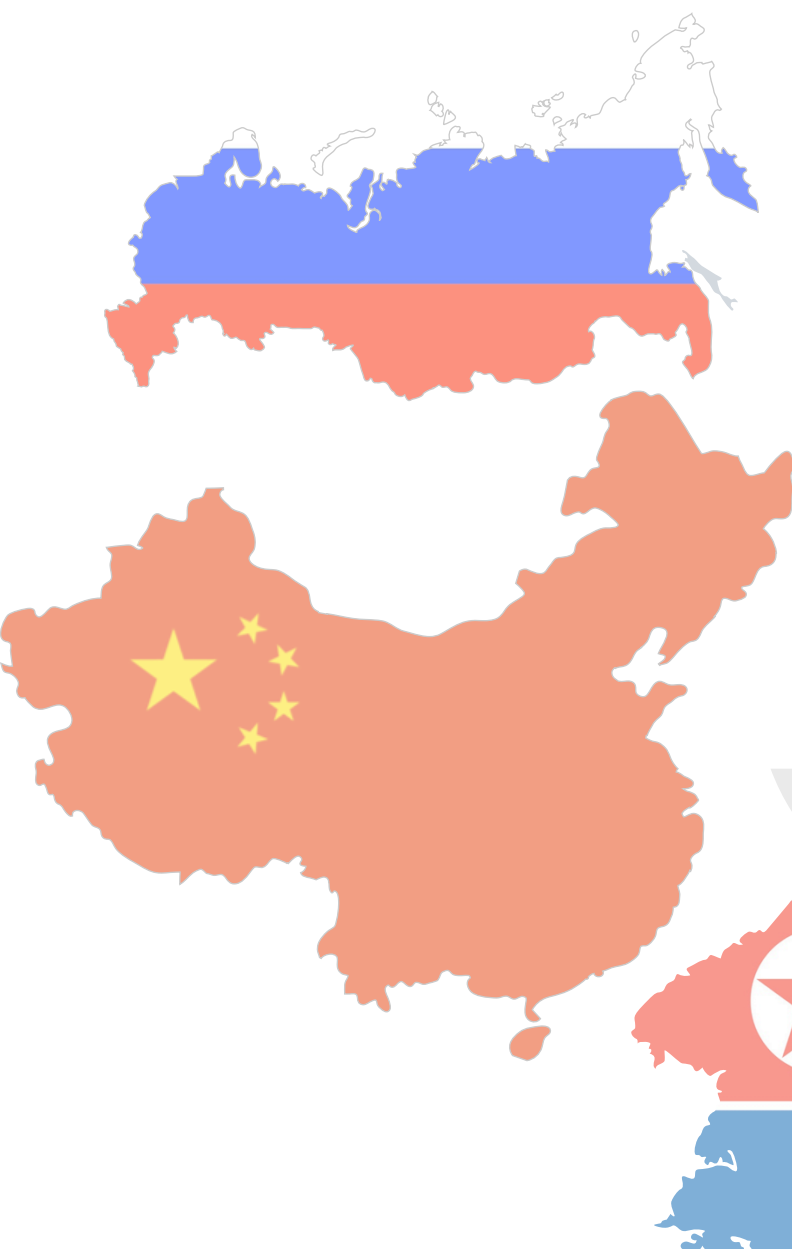


DeWees: Innovative Mind

- * Innovative minds dictate the pace of change to military minds rather than the reverse
- * Is the pace of change, already faster than the military mind is accustomed to?
- * The military mind will be asked to regularly operationalize new technology in an uncertain world.
- * In short, the military mind must be both conservative and open



Leadership?



Industrial Age

Information Age

Mechanized Warfare

Networked Warfare

Compliance, jobs in small, specific tasks

Shift from Strategies, Tactics, and Hierarchies

Formal mode of organization

to

Rules, Responsibilities Clearly Defined

Networks, Platforms, Movement



لا إله إلا الله محمد رسول الله

DeWees: Innovative Mind

- * The exposure of the military and innovation minds to the full range of human nature
- * Machiavelli's *The Prince*, for example, is an education in the corruptible side of human nature
- * Shakespeare's *King Henry IV* and *King Henry V* are a testament to human adaptability



Mind: Important? (N vs S)

- * Set Goals
- * Get a Coach/mentor
- * Daily Recapitalization
- * Education
- * Eliminate Stressors



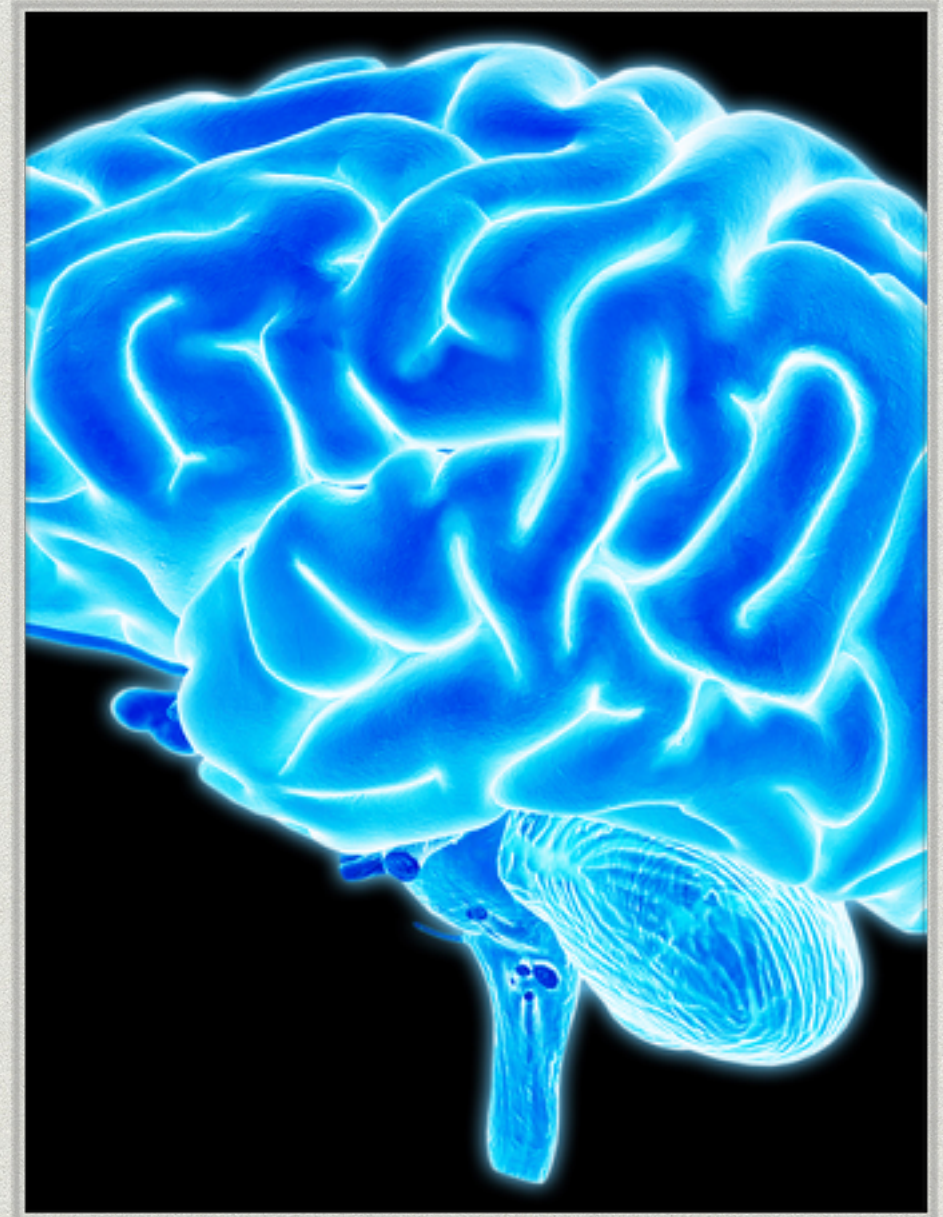
Mind: 7 Priorities

- * Sleep 7 to 8 hrs a night
- * Physical Activity
- * Focus
- * Reflection
- * Down Time
- * Connecting Time
- * Play Time



Mind

- * Start
- * Stop
- * Continue



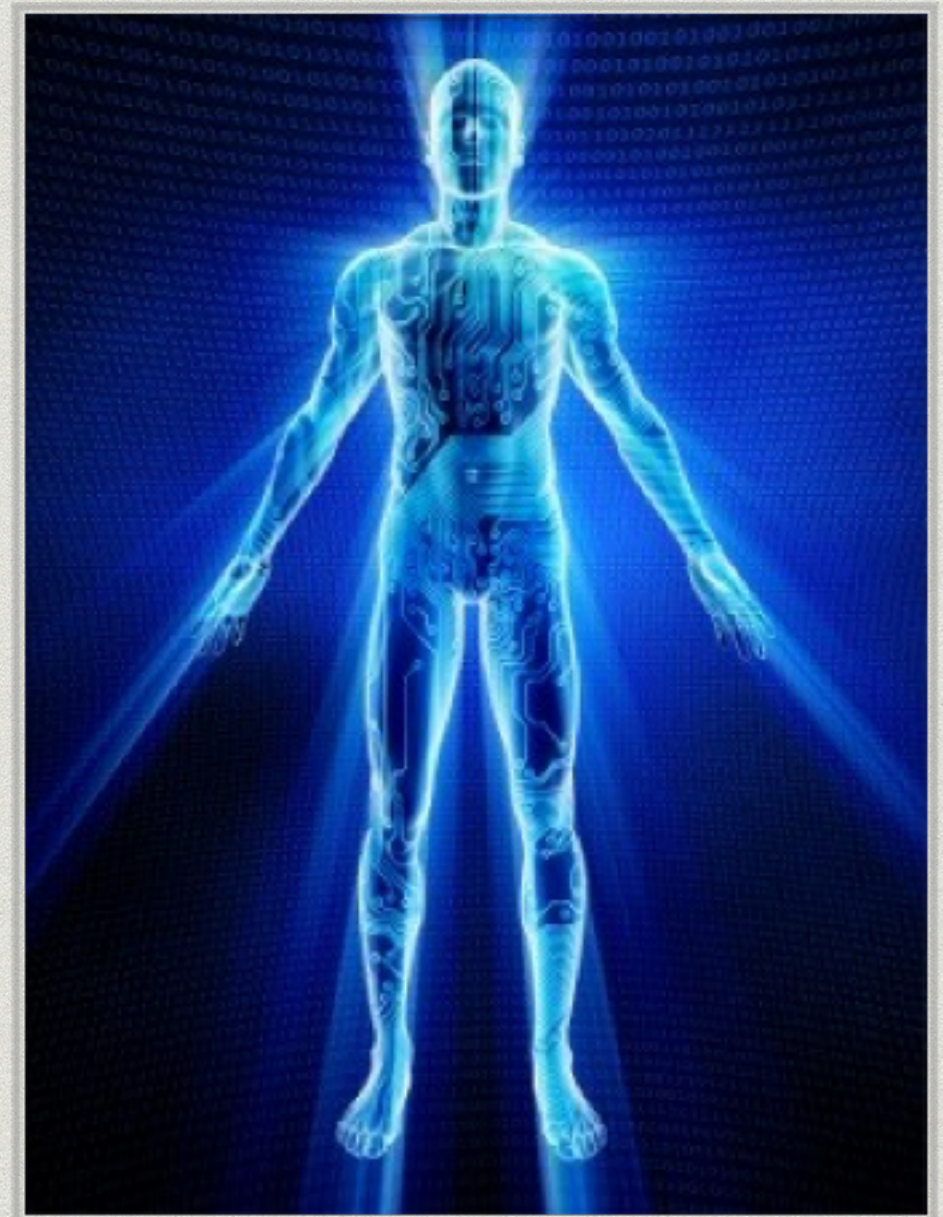
Body

- * What is it?



Body

- * It's important that leaders understand, and role model at least some of the [proven basics](#) about how to treat your own body.
- * Sufficient Sleep
- * Healthy Nutrition & Good Hydration
- * Regular Exercise
- * Practice of deep breathing to oxygenate the brain
- * All have positive, measurable effects on performance at work.

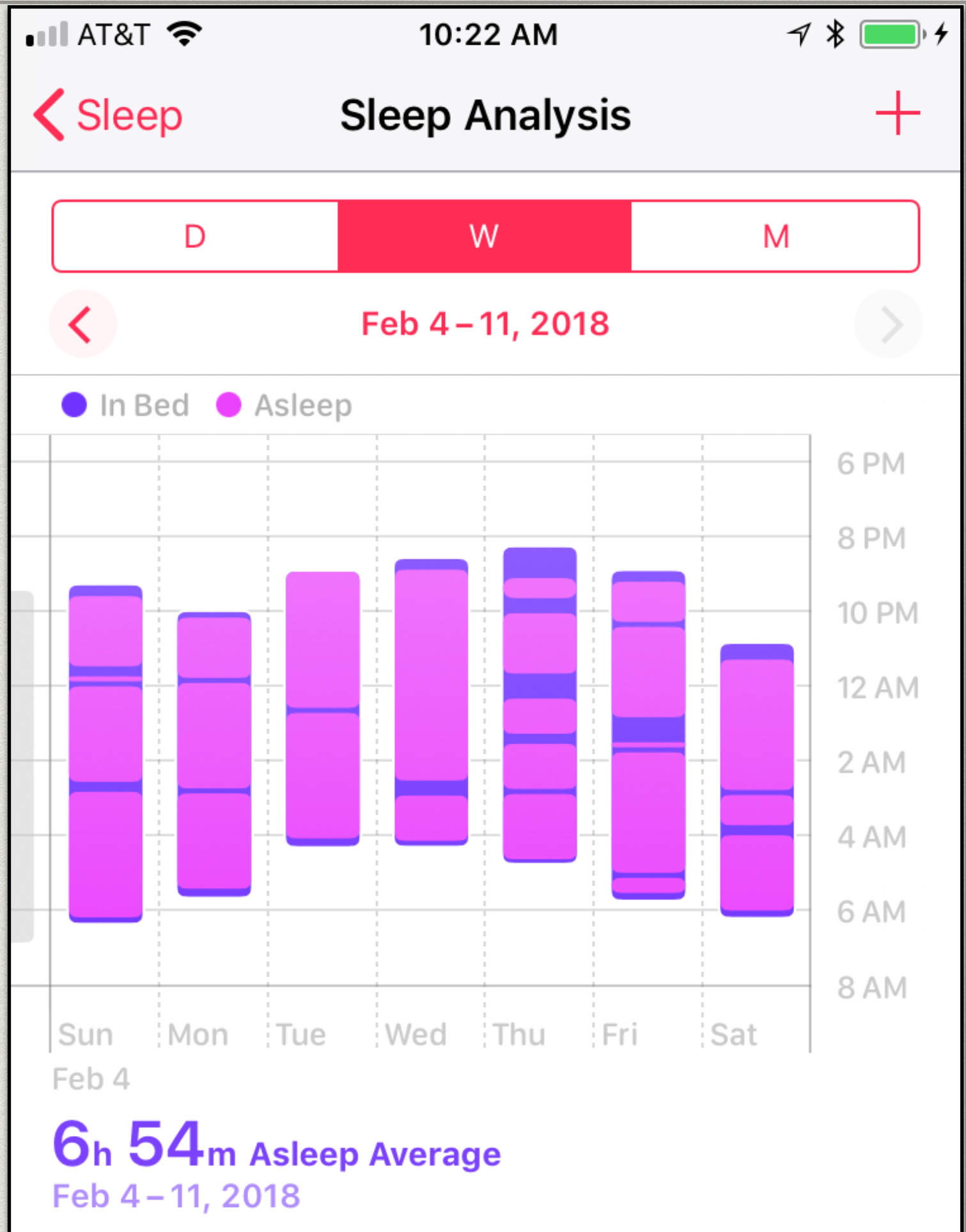


Body: Sleep

- * How much sleep are you getting?
- * Quality?
- * Are you medicating?



Sleep

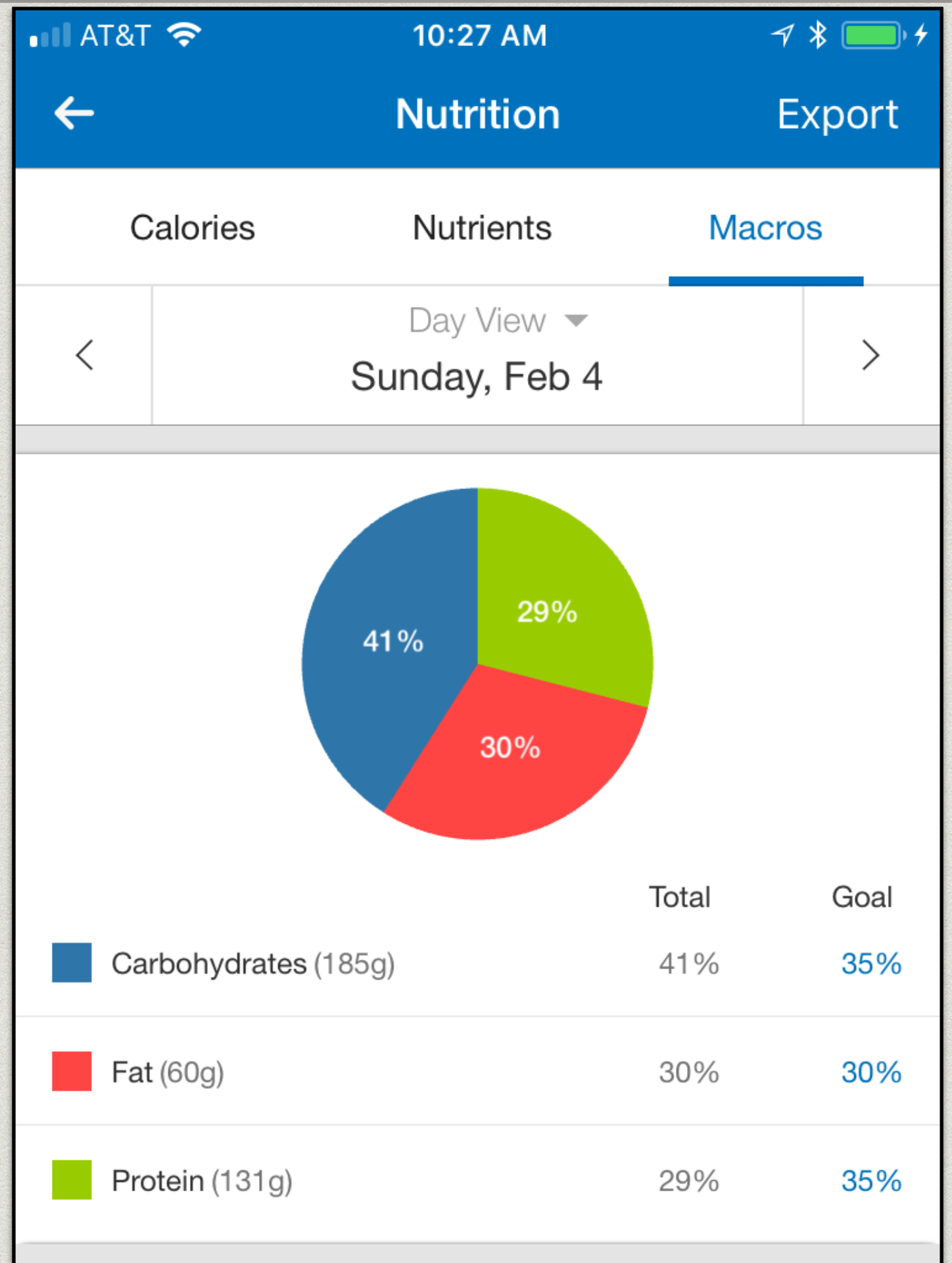


Body: Nutrition & Hydration

- * Daily caloric intake?
- * Macronutrients?
- * Supplements?
- * Time?

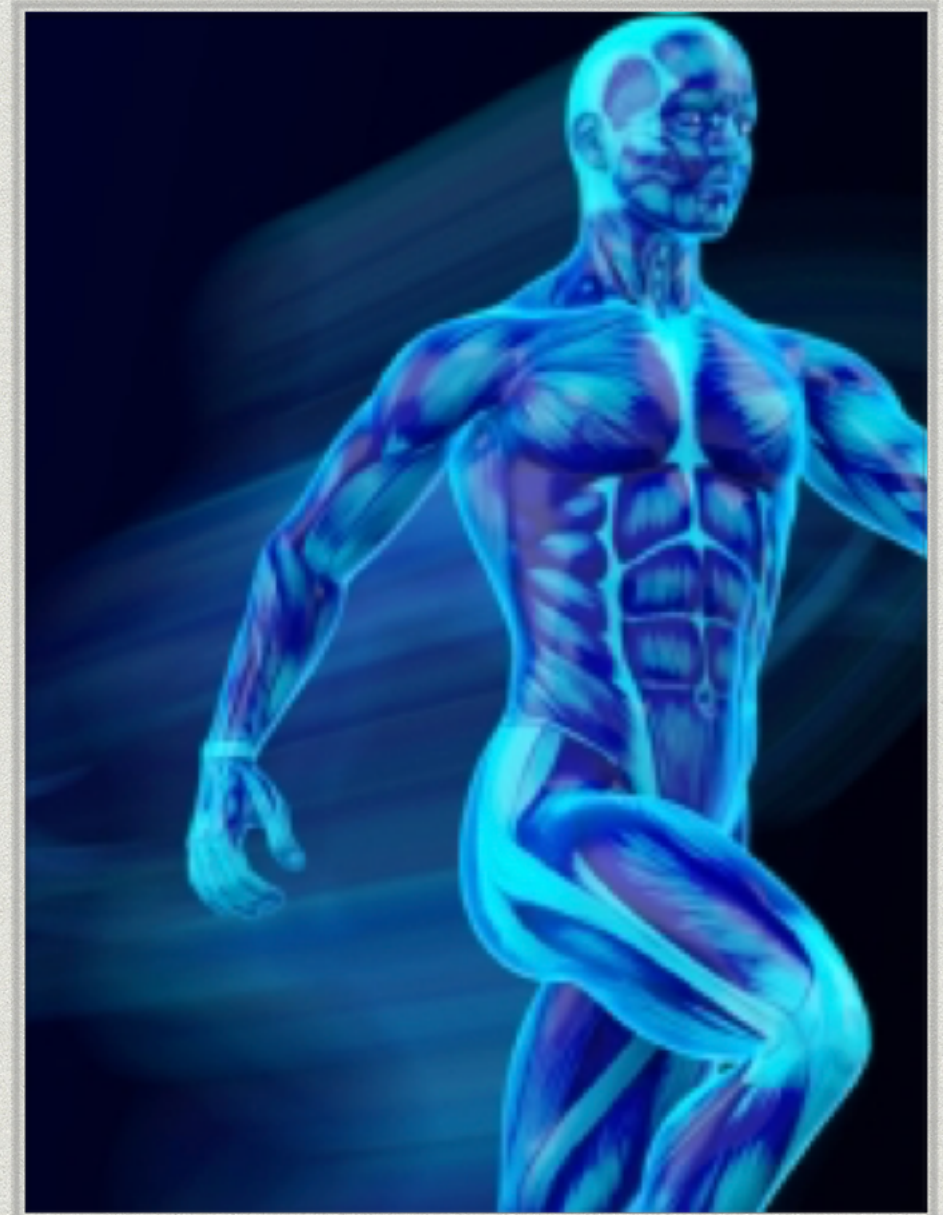


Body: Nutrition & Hydration

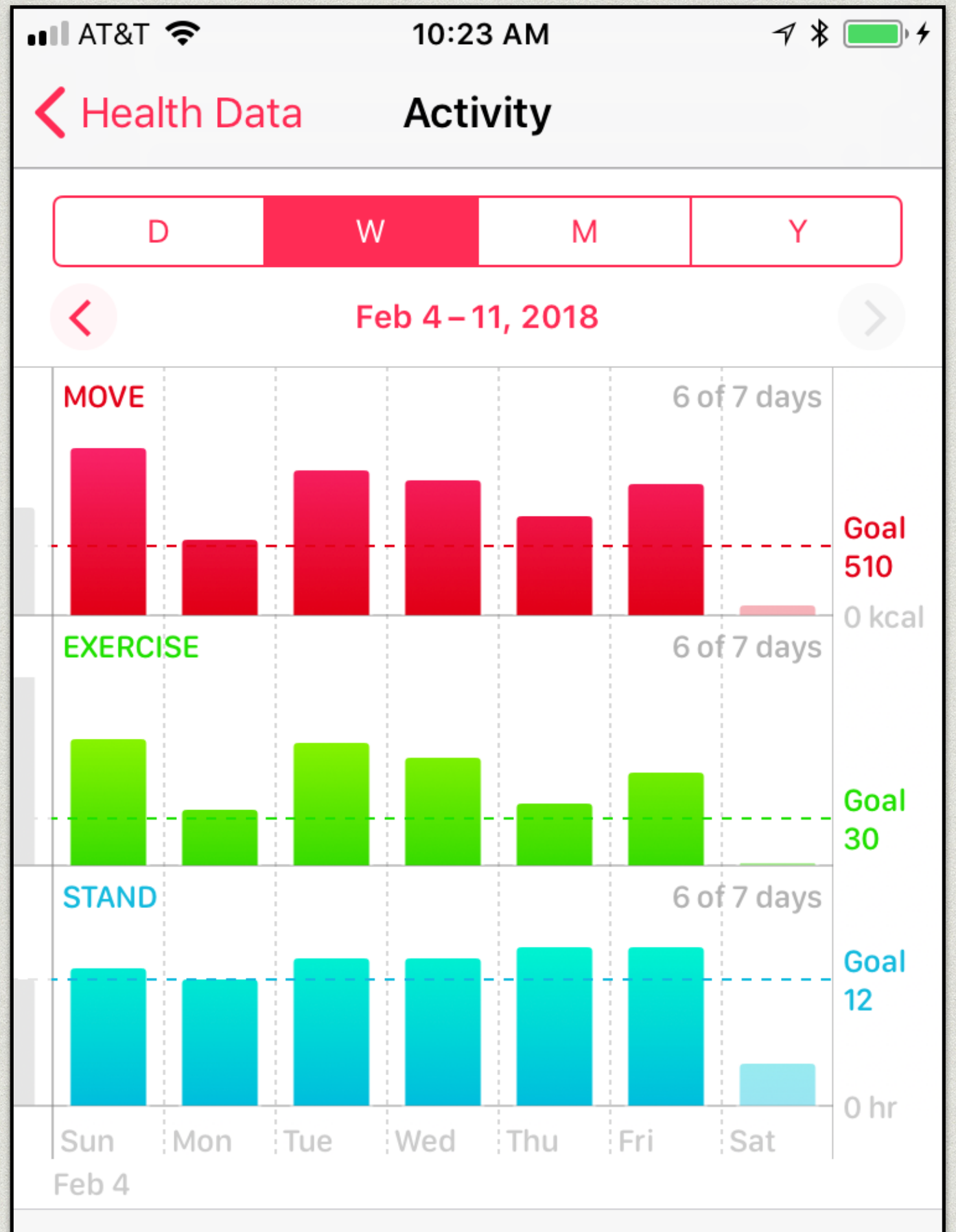


Body: Fitness

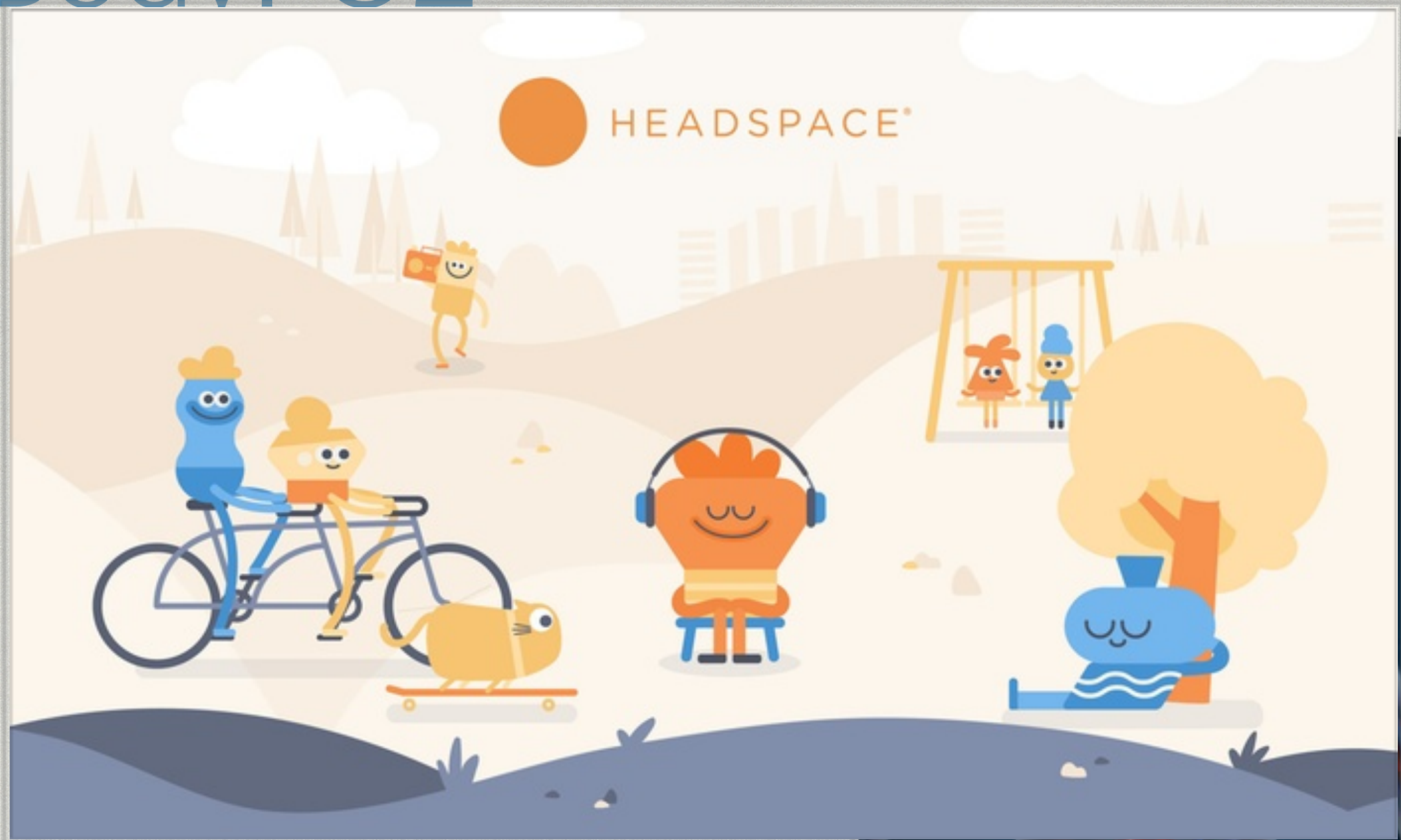
- * How many active calories are you burning daily?
- * Types of activity?
- * Customized per body type?
- * Visible Discipline?



Body: Fitness



Body: 02



Body: Leadership (NxJ)

- * Creating a climate that encourages;
- * People to take time out to eat decent food, [drink plenty of fluids as they work](#),
- * PT
- * Not work too late or obsessively, etc.
- * *Warning: Be careful not to turn any of this into a punishing regime, which is likely to create anxiety and resentment.*



Body

- * Start
- * Stop
- * Continue



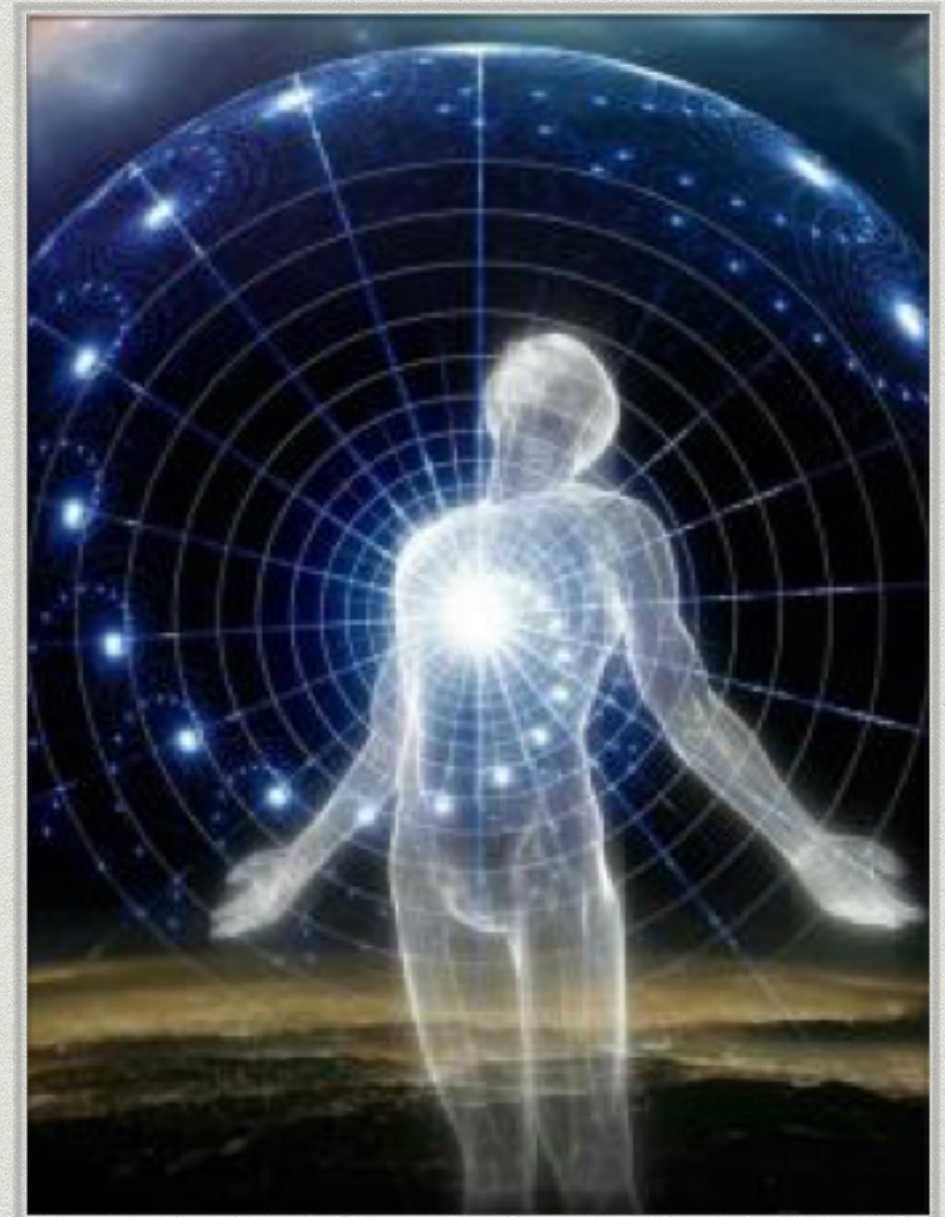
Spirit

- * What is it?



Spirit

- * Chi
- * Gi
- * Prana
- * strength/inner wisdom
- * drive
- * **purpose**
- * faith
- * peace of mind



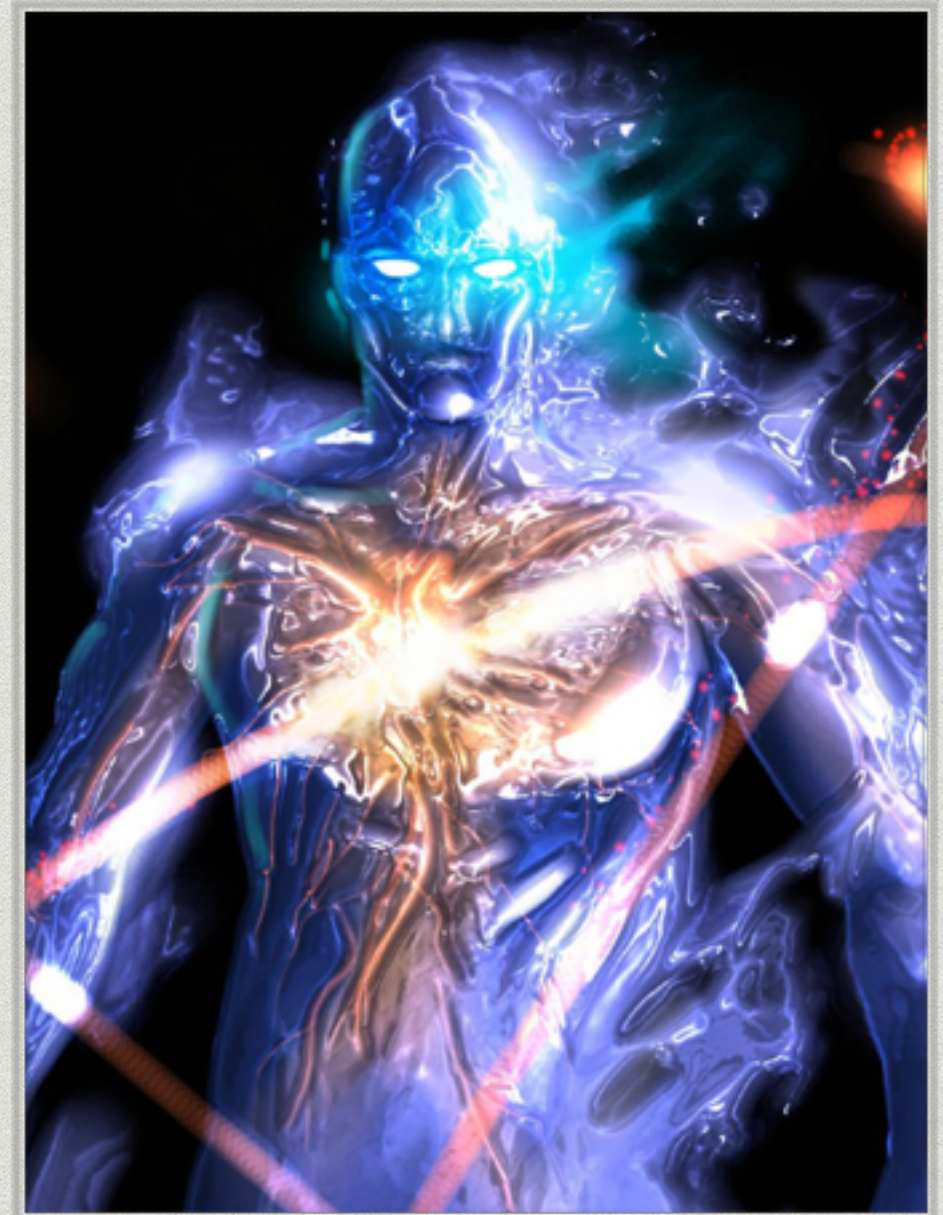
Spirit

- * Belief in something bigger than yourself
- * Belief in a higher power (whatever your devotion) propels an individual towards the ideal self.
- * Spiritual beliefs provide a doctrine that forces us to examine our own actions and motivations against a core of morality.



Spirit

- * Recognizing that **WE** are not perfect and that we must constantly work to better all facets of our lives is a key characteristic of leadership. This discipline pervades every aspect of a leader's life, family/personal, community, and work.

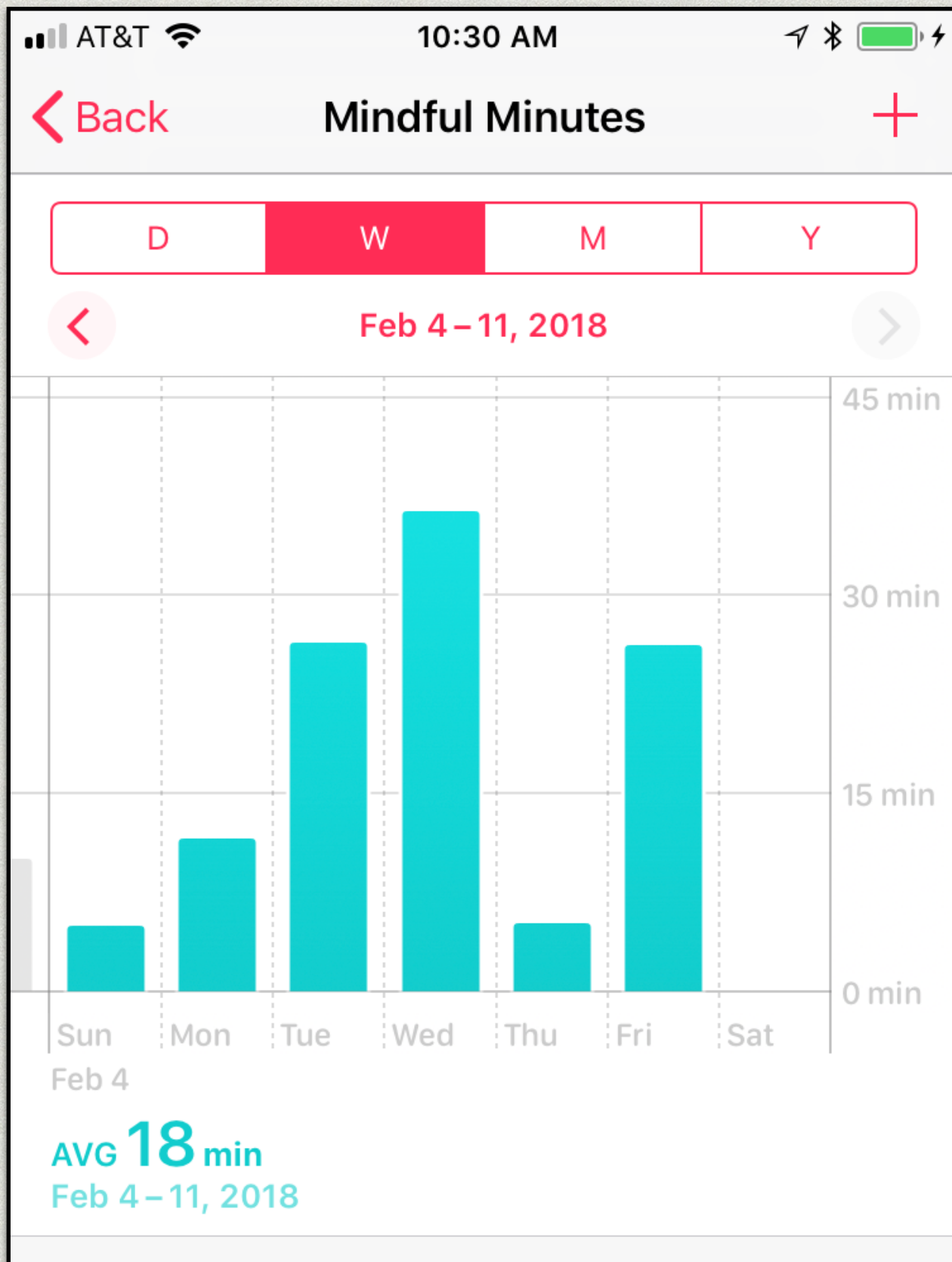


Practices for The Leader's Spirit

- * Practice [meditation daily](#)
- * Learn to work with energy (energy management)
- * Study consciousness, religion, or philosophy
- * Practice Silence (E)
- * Pray



Spirit



Spirit

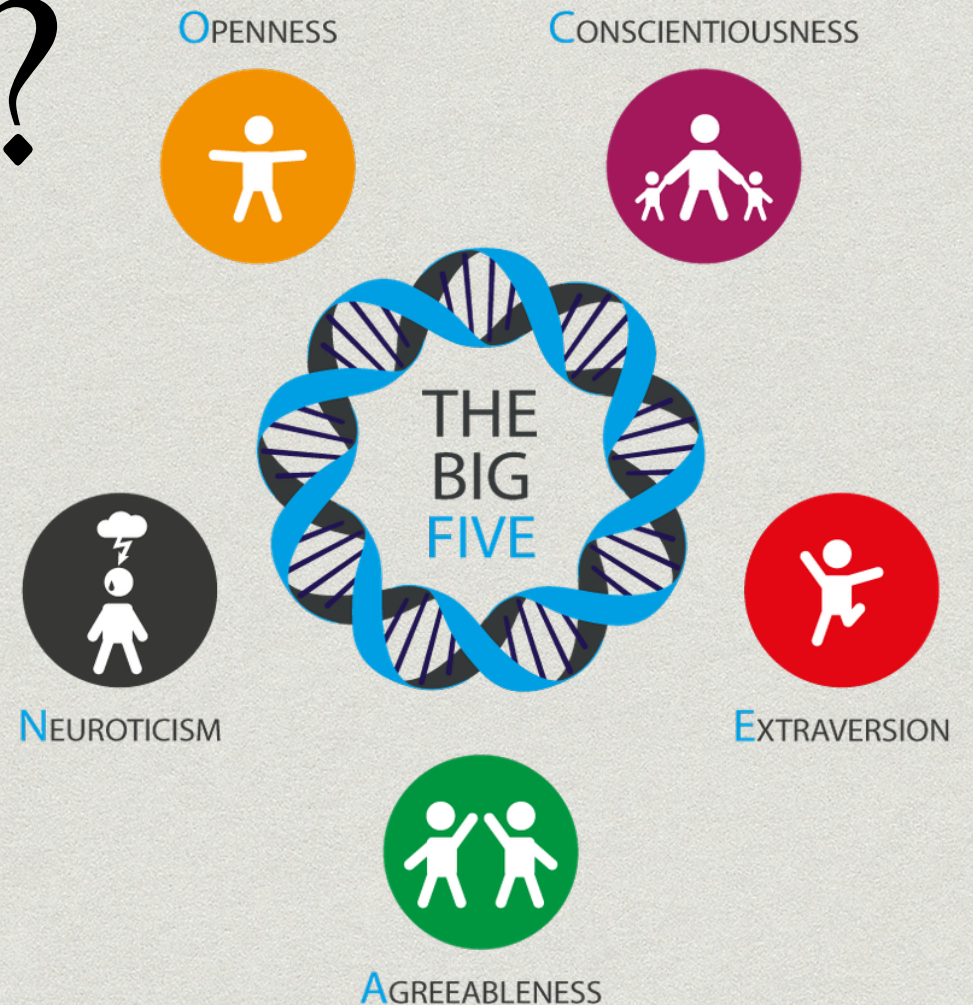
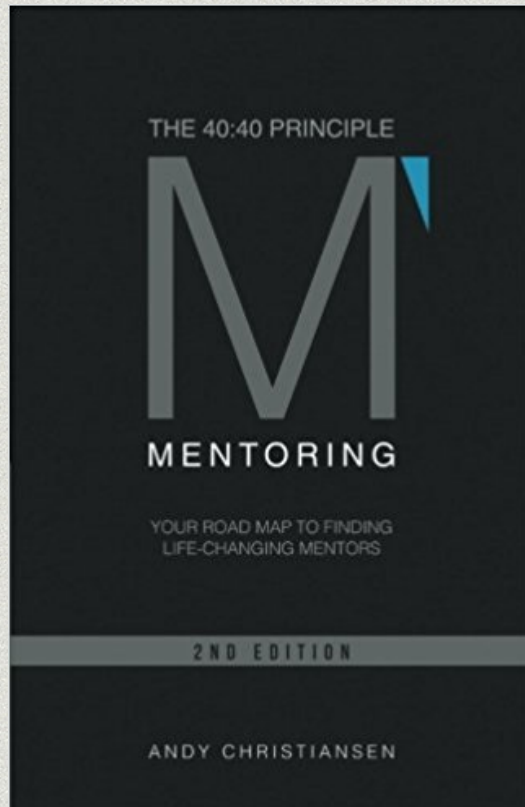
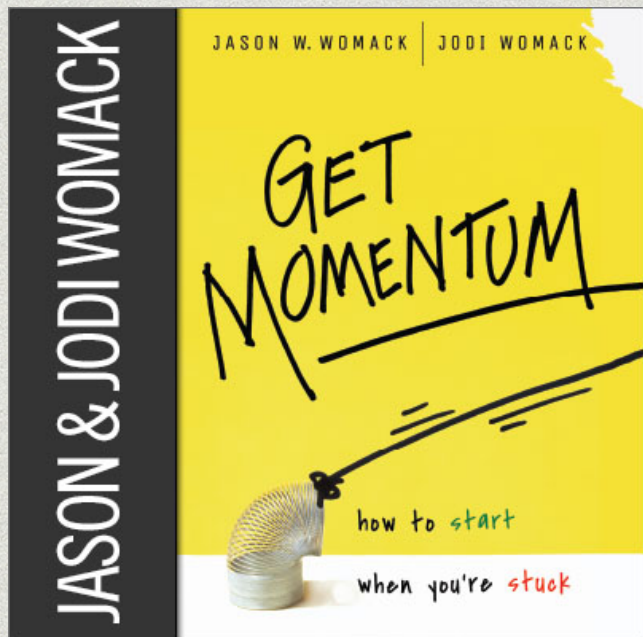
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- * Continue



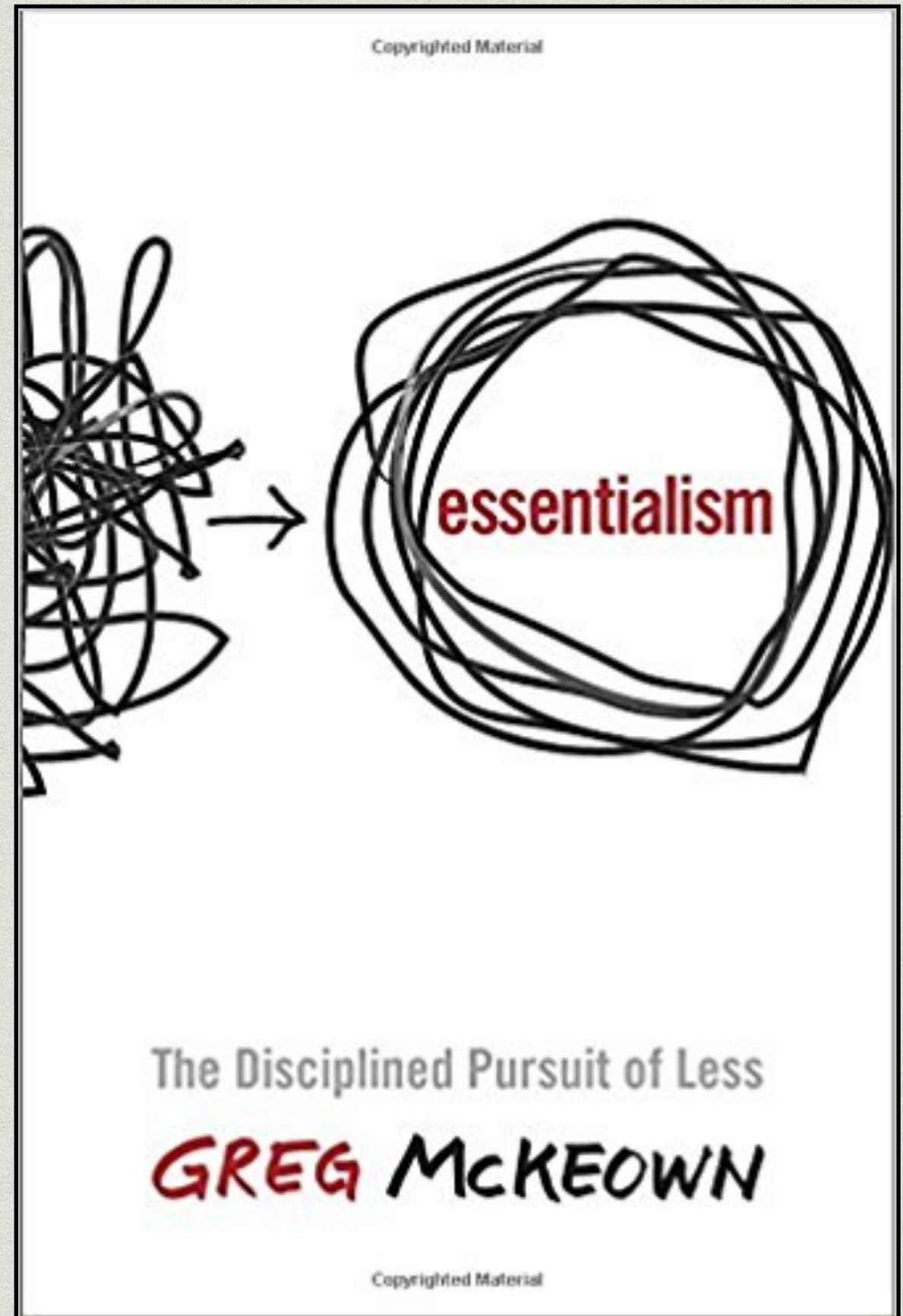
What could this do on a Command Staff?



MBS?



Essentialism



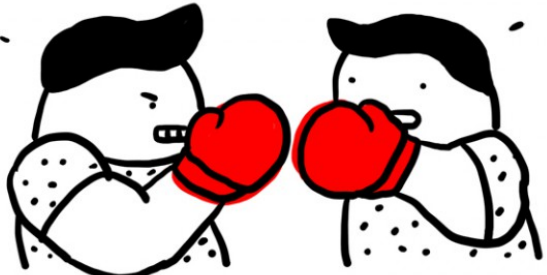
ESSENTIALISM

a google talk by
GREG MCKEOWN

WHAT KEEPS US BACK FROM BREAKING THROUGH THE NEXT LEVEL?

- Lack of focus
- time
- fear

WHY DO INTELLIGENT PEOPLE GET TRICKED INTO THE TRIVIAL??



YOU ARE YOUR WORST ENEMY

- small ~~quick wins~~
- the ~~to do list~~ pack rat
- ~~opinion~~ overload
- ~~habit~~ routine



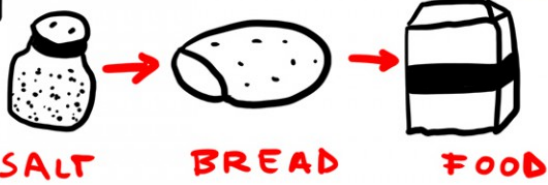
SUCCESS
(CAN BE A CATALYST FOR FAILURE!)

THE PURPOSE OF essentialism

LESS BUT BETTER

how do you develop a habit that works for you?

THE SINGLE CONTROL MECHANISM *the gandhi case*



ASK YOURSELF: WHAT IS ESSENTIAL???

BE THE DESIGNER OF YOUR OWN LIFE



HAVE THE COURAGE TO SAY **NO!** to become effective

~~IF YOU DON'T PRIORITIZE YOUR LIFE, SOMEONE ELSE WILL DO IT~~

YOU NEED TO BE COMMITED!!!



Nonessentialist

Essentialist

Thinks

ALL THINGS TO ALL PEOPLE

"I have to."
"It's all important."
"How can I fit it all in?"

LESS BUT BETTER

"I choose to."
"Only a few things really matter."
"What are the trade offs?"

Does

THE UNDISCIPLINED PURSUIT OF MORE

Reacts to what's most pressing
Says "yes" to people without really thinking
Tries to force execution at the last moment

THE DISCIPLINED PURSUIT OF LESS

Pauses to discern what really matters
Say's "no" to everything except the essential
Removes obstacles to make execution easy

Gets

LIVES A LIFE THAT DOES NOT SATISFY

Takes on too much, and work suffers
Feels out of control
Is unsure of whether the right things got done
Feels overwhelmed and exhausted

LIVES A LIFE THAT REALLY MATTERS

Chooses carefully in order to do great work
Feels in control
Gets the right things done
Experiences joy in the journey

Source: "Essentialism" by Greg McKeown
Summary Graphic: Michael Kitces, www.kitces.com



FAMILY

MIND-BODY-SPIRIT

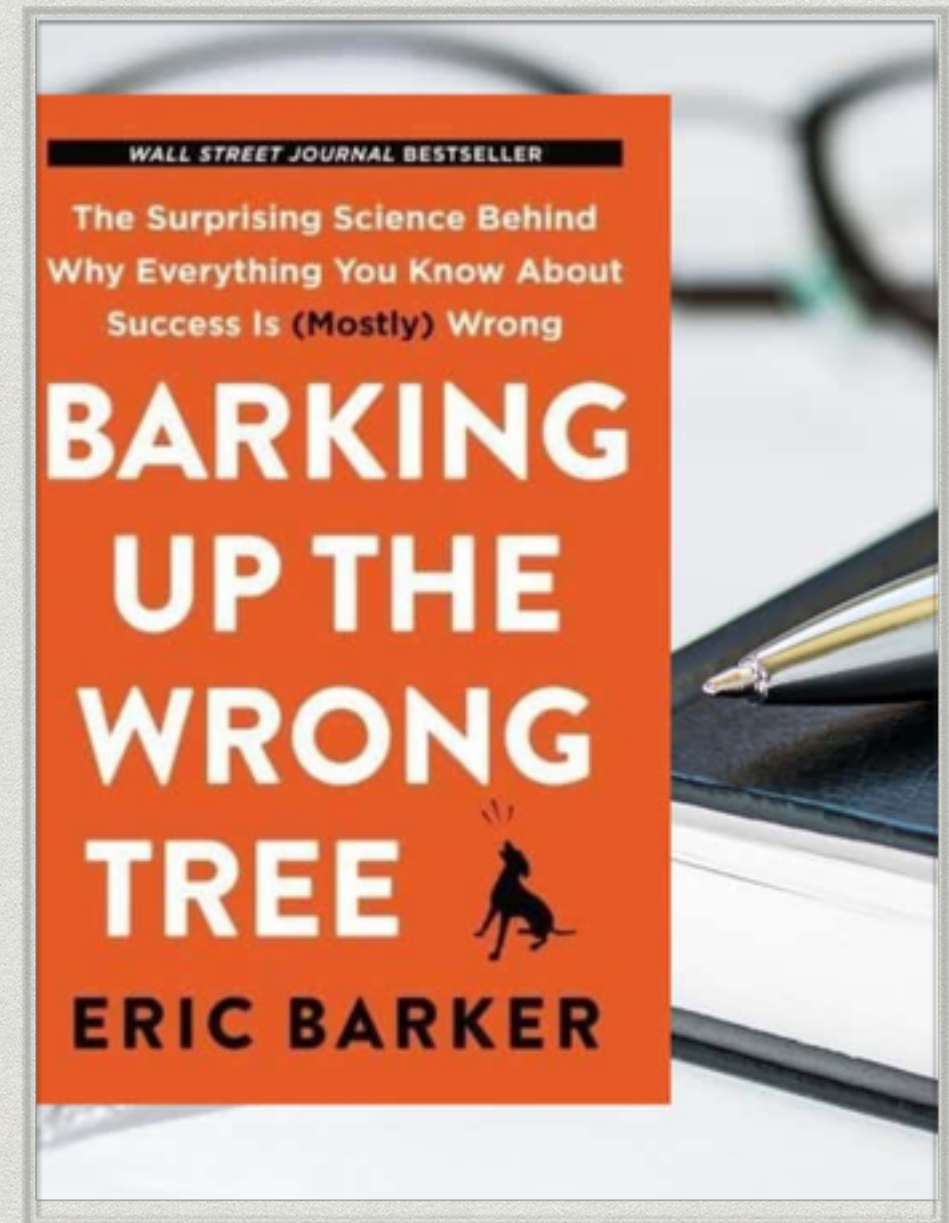
Work/Life Balance

- * Is there such a thing?



Work/Life Balance

- * Is there such a thing?
- * The Faustian Bargain?
- * Balance is not extreme
 - * Einstein
 - * Ted Williams
- * Extreme work focus does not lead to happiness, it leads to achievement



DEMARCO BMS

April was when we went to a 100% Effort

Days Workout

Percentage of Days

Workout

Month

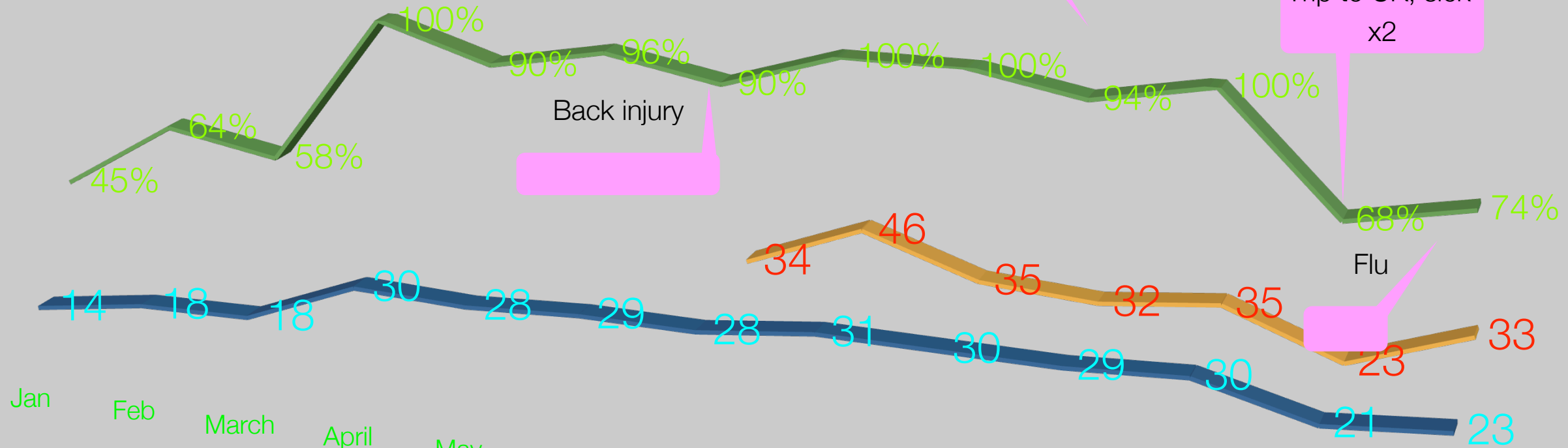
Jan Feb March April May Jun Jul Aug Sep Oct Nov Dec Jan

Knee injury

Trip to UK, sick x2

Back injury

Flu



weight

Jan 18: MBS Dashboard

active cal pages read mindful min sleep cal log cal burn

Jan 18	Sun	Mon	Tues	Wed	Thurs	Fri	Sat					
178.7 Week 1	sick								479		7:01	
								XX		XX		
	5	3	5	5	5	5	5	4:42		428.8		
175.6 Week 2	857	1007	763	1138	855	821	205	807		6:27		
	50	50	50	20	50	50	50	46		1418		
	5	12	12	16	12	12	4	10:42		616.7		
174.7 Week 3	1230	1028	854	585	316	393	978	769		6:12		
	50	85	72	58	50	60	89	66		1835		
	5	5	12	12	5	12	5	8		563		
175.3 Week 4	1187	1205	795	1173	1409	996	800	1080		7:03		
	58	68	63	60	84	53	79	67		1887		
	10	5	12	5	12	5	85	19		958		
175.2 Week 5	1082	1037	787	1121	1058	340	794	888		7:03		
	83	120	42	90	20	51	68	68		2008		
	10	26	22	2	26	10	95	27		602		
weight	days in gym	avg act cal burn	avg sleep	books read	avg pages	avg mindful	Lunch meets					
176	23	641	6:40	8	60	10:36	2					

Physical

Mental

Spiritual

Each day in the gym

What does this mean? Read 50 pages?

Bible Reading, Prayer, Meditation

Sleep Quality 1 **68%**

Sleep Quality 2 **68%**

Sleep Quality 3 **66%**

Sleep Quality 4 **71%**

Workout intensity 1 **67%**

Workout intensity 2 **72%**

Workout intensity 3 **69%**

Workout intensity 4 **69%**

weight

Feb 18: MBS Dashboard

active cal pages read mindful min sleep cal log cal burn

Feb 18			Sun	Mon	Tues	Wed	Thurs	Fri	Sat			
175.2	Week 1		83	120	42	90	20	51	68	888		7:03
			1082	1037	787	1121	1058	340	794	68		2008
			10	26	22	2	26	10	95	27		602
175.6	Week 2		1242	556	1069	997	734	975	996	938		6:45
			89	59	50	69	60	115	100	77		
			5	12	26	36	5	26	106	31		
Week 3			1093	1047	769							
Week 4			556	149	125							
Week 5			55	37	82							

weight	days in gym	avg act cal burn	avg sleep	books read	avg pages	avg mindful	Lunch meets
				4			1



Physical

Each day in the gym



Mental

What does this mean? Read 50 pages?



Spiritual

Bible Reading, Prayer, Meditation

Sleep Quality 1 **72%**

Sleep Quality 2 **71%**

Sleep Quality 3

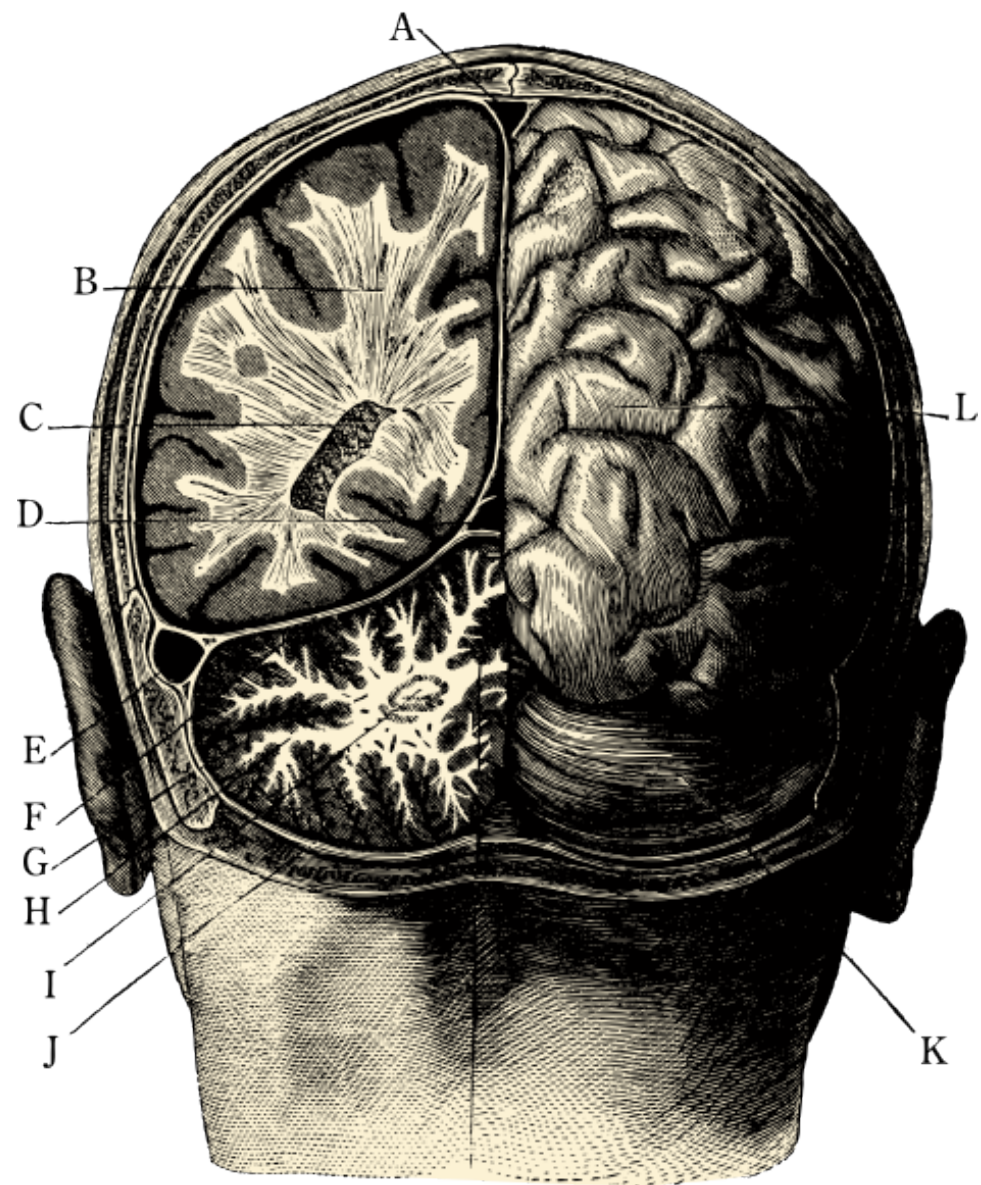
Sleep Quality 4

Workout intensity 1 **65%**

Workout intensity 2 **65%**

Workout intensity 3

Workout intensity 4



TODD HENRY

WORKSHEET

WEEKLY CHECKPOINT

FOCUS

Challenges: Look at, or create, a comprehensive list of your projects. Do each of them have associated Challenges? If not, create them.

Big 3: What are your Big 3 for the week? Write Challenges for each of the Big 3.

Clustering: Are there ways you can structure similar work this week so that there is less task switching? Block specific time on your calendar for these activities.

RELATIONSHIPS

Circles: Do you have a circle meeting on the calendar? Do you need to prepare for it? If so, put time on your calendar.

Head-to-Heads: Do you have any head-to-heads this week? Do you need to prepare? When will you do it? Put time on your calendar.

Core Team: Do you need to reach out to a member of your core team for advice on something? If so, add it to your task list for the week or fire off a quick e-mail.

ENERGY

Whole-Life Planning: Are there any potential conflicts this week between work and personal activities or expectations? How will you get ahead of them?

Pruning: Is there anything that you'd planned but now realize may not be a good idea, given your upcoming schedule? How can you prune it?

Additionally, are there any "hard runs" in which you'll have all-day or back-to-back meetings? How will you plan something energizing around or between them - a buffer - to prevent burnout and stay energized?

STIMULI

Study: When will your personal study times be this week? Put them on the calendar. What will they consist of? Take a look at your Stimulus Queue and map your week's stimuli.

Notation: Take just a few minutes to glance at your notes from the previous week, as well as the indexes in the front of your notebook.

Purposeful Experience: Do you have one on your calendar this week? When will it happen?

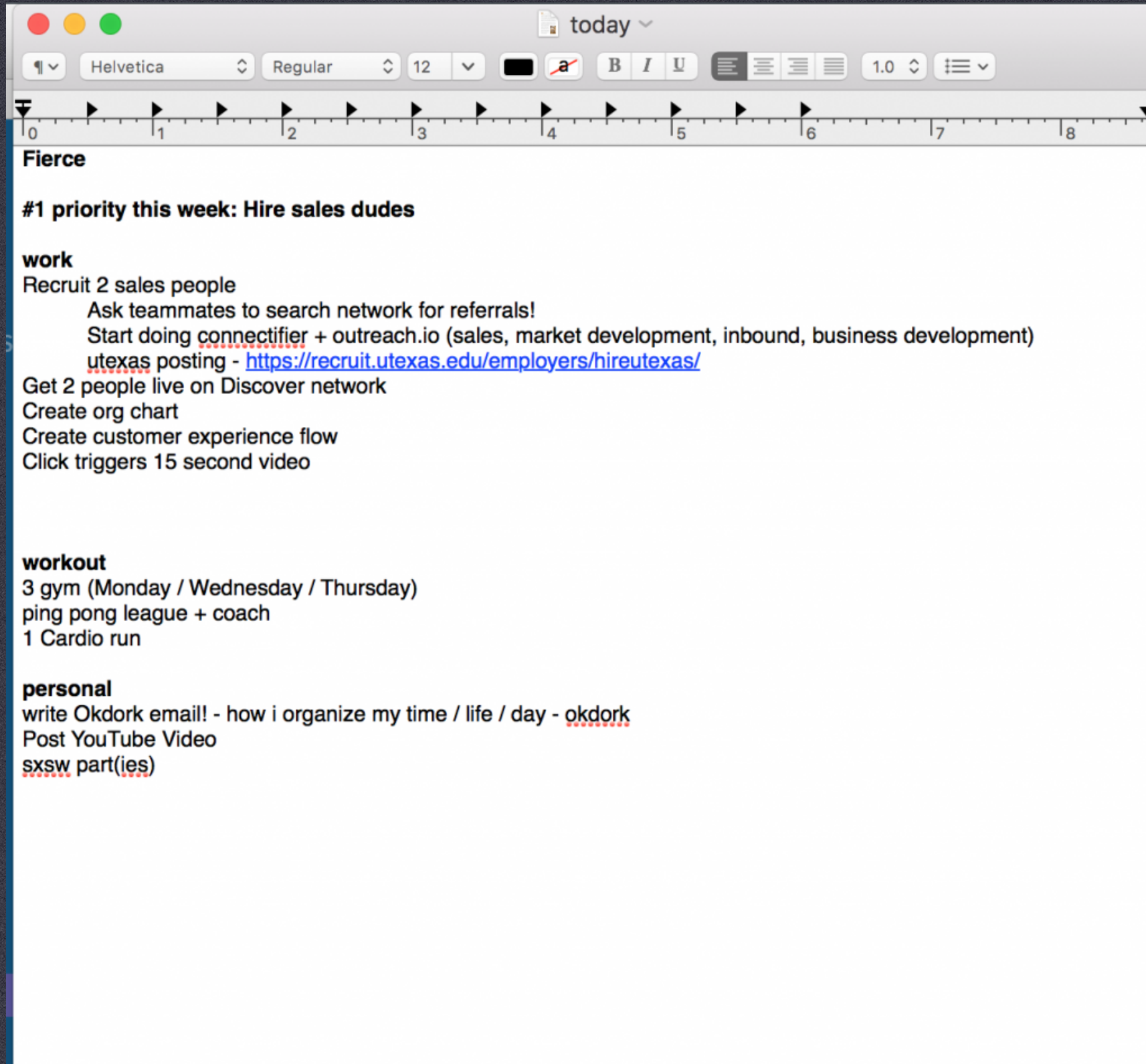
HOURS

Idea Time: When will you structure your Idea Time this week? What will you focus on during these sessions? Put it on the calendar with the associated project name.

Unnecessary Creating: What will you do for Unnecessary Creating this week? Put it on your calendar.

Make sure to leave some white space on your calendar to breathe. Give yourself some flexibility.

The entire Weekly Checkpoint process will take you from 10-30 minutes to complete, depending on how thorough you choose to be.



OK DORK: **NOAH KAGAN**

WORKSHEET

LEADERSHIP
**WHERE DO YOU NEED
TO BE LEADING?**
FOCUS / INFLUENCE

SPIRIT

1:
2:
3:

STRATEGY
FUTURE/BIG PICTURE

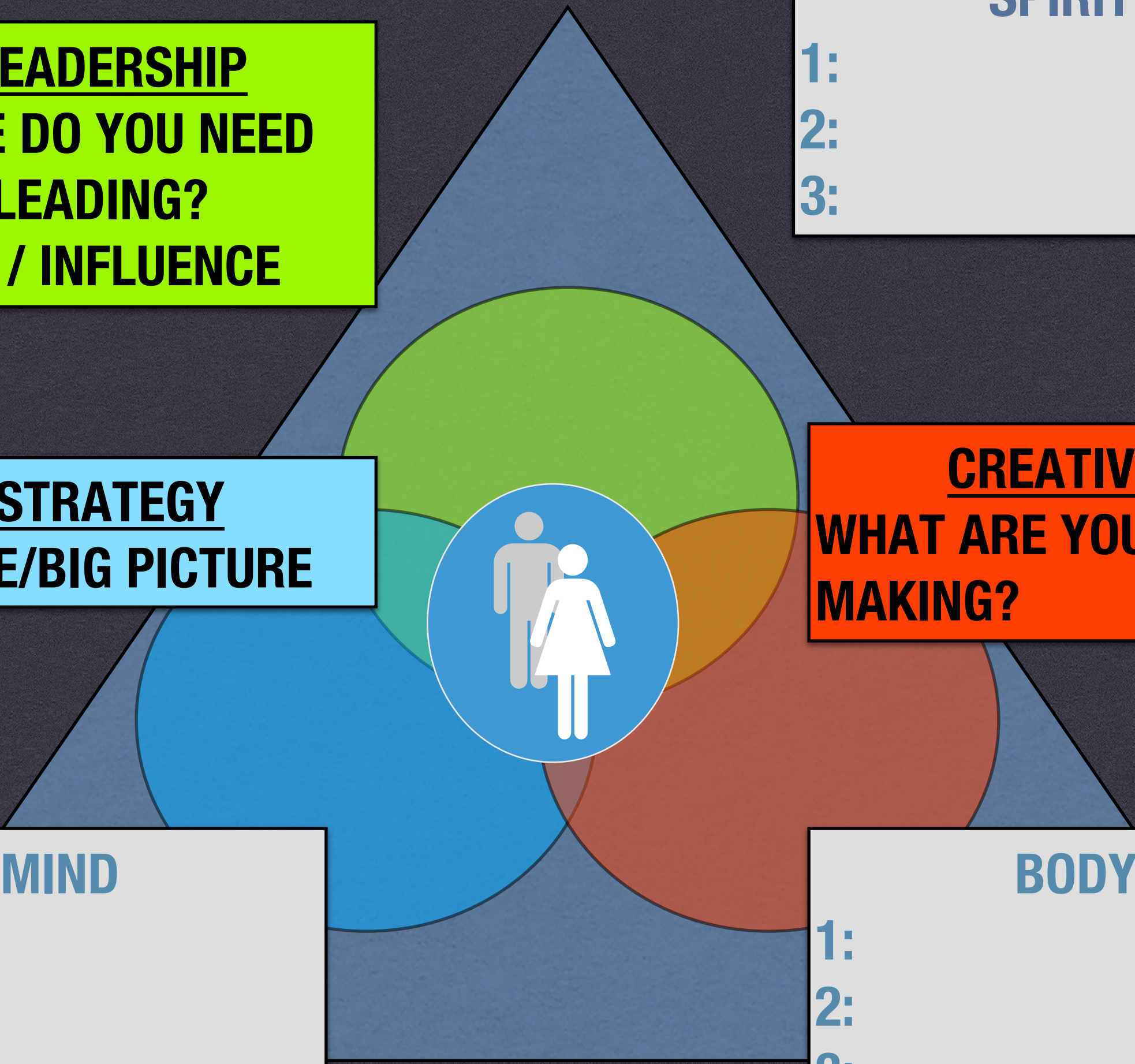
CREATIVITY
**WHAT ARE YOU
MAKING?**

MIND

1:
2:
3:

BODY

1:
2:
3:



Leadership Behaviors reinforcing Mind, Body & Spirit

- * A leader devotes time and attention to proper exercise and diet to maintain good physical health.
- * A leader manages stress effectively so it does not interfere with the quality of his/her work.
- * A leader maintains a productive, healthy balance between family, personal, and work obligations.
- * A leader constantly critiques his/her own behavior, attitudes and decisions against a framework of ethical and moral standards.

