

## “Nuggets” of Wisdom from the Six Strategies

### **Affirmation**

Most of us spend more time each week deciding what food to put into our carts at the grocery store than we spend understanding what values we put into our lives.

Values that are visible are viable.

It is the sum of kept promises, even small ones, that builds our credibility and effectiveness with colleagues.

Fear is the power that adversity holds over us, and the more we dwell on our fear, the more power we give it.

Affirmation teaches us to become emotional archeologists, searching the ruins of our situation for remnants of what is still valuable, relevant, and important.

### **Expectation**

Expectation refocuses the vision and takes us beyond today with a forward-thinking perspective. It does not ignore today's reality but it does not become mired in it, either.

As leaders, team members, or individual contributors, we must adjust our Expectations to accept the truth that life – and work – are not always fair and that even in this reality, we must excel.

The unchallenged fact is that we need more optimism on the job. We need people who think like winners, talk like winners, and act like winners. Our organizations will thrive when our people can ‘see’ tomorrow as better than today because they are making it better.

It is impossible to drive a car by looking into the rear view mirror to see where we have been. Our priority is to see where we are going. In the same way, tackling adversity means moving forward with the knowledge that some questions need action, not answers.

### **Communication**

Communication is not about talking. It's about sharing.

Conquering adversity is all about heart. Communication – the art of sharing what we feel – gives our heart a voice. We call it passion and no hero succeeds without it.

We do what we practice – or more accurately – we don't do what we don't practice.

The difference between dysfunctional teams and high-impact teams is rarely an absence of knowledge but more often an absence of chemistry – chemistry formulated by timely and sincere Communication among members.

Communication is effective when it is candid, respected and welcome. Communication is not always easy or convenient, but when we speak with sincerity, our message is heard.

### **Locomotion**

In the struggle between the stone and the water – in time, the water wins.

The traveler knows that change is the only constant. Every experience – enjoyable or challenging – is just a moment in time that will pass and bring new experience.

People are able to respond better to crisis when they maximize their forward motion. Stagnation invites distress and amplifies adverse conditions. Locomotion sharpens our senses and creates opportunities for success that might not otherwise be visible.

The perfect plan never accomplished anything without execution. When facing adversity, we must move in a determined, motivated manner, even if the outcome of our actions is not well-defined.

The power of persistence says that overcoming adversity is exhausting, frustrating work, but it is not more than we can manage. It is not stronger than our most determined efforts.

### **Collaboration**

Collaboration is about the people we take with us on our journey forward. It is about those we choose and those who choose us, about those we know and many we don't. It is about people who step forward and say, "I'm here to help."

The time to build a team is before adversity strikes. You cannot build shelter in a hurricane.

Practicing empathy at work starts with going the extra mile for the organization and your colleagues. It means doing more than what is expected, more than what is asked – and doing it willingly.

Today's best organizations know, even with escalating professional demands, that working is still a poor substitute for living. People need to have lives outside work in order to enjoy their lives at work.

### **Celebration**

Celebration rescues us from the exhaustion of fighting the good fight. It renews our energy, lifts our spirits, and keeps us afloat.

Amid adversity, there are still ways to lift morale, productivity, and optimism by knowing that positive outcomes are easier to see with our head up.

You are stronger than you know, more resilient than you realize, more capable than you can imagine.

We must celebrate life. We are not masters of the seas and cannot direct the winds but we sail our own ships, chart our own course and have the power to choose. Never give away that power. Do not let it be taken away and never let it waste away. For all its imperfections, injustices and wrongs, life is still a beautiful gift.

