

LEAD WELL

Live ♥ *Well*

A Success Blueprint



**Get Clarity and Momentum To Thrive In
Your Business...and Your Life.**

by Lourdes Gant

LEADERS BECOME

great

NOT BECAUSE OF THEIR POWER,

BUT BECAUSE OF THEIR ABILITY TO

empower others.

John Maxwell



THE FIRST STEP TO THRIVING IN YOUR BUSINESS AND YOUR LIFE IS AWARENESS.

If many of your days are spent putting out fires, dealing with issues that pop up day to day and ultimately being very **busy** without being very **productive**...

you're not alone.

Not only do we live in a society where the pace seems faster than ever, we have access to more information than any time in history and we're balancing more responsibilities, but as someone who leads, manages and generates for a living--the stakes are even higher.

It's easy to lose perspective.

One of the first exercises I recommend to my clients is to take an inventory: what roles do you fulfill on a regular basis (e.g. mother, wife, daughter, manager, owner, sister, friend, teacher...)? Where does most of your time go on a typical workday? Who do you devote the most attention to in your life? How close are you to living the dream life you imagined for yourself?

awareness



THE SECOND STEP TO THRIVING IN YOUR BUSINESS AND YOUR LIFE IS PRIORITIZATION.

Once you have a "full picture view" of your daily life, it's easier to see if your current life is in alignment with your goals and ideal vision of where you want to be. You may be closer to your ideal vision in certain areas of your life more than others.

On the other hand, you could be far from your ideal vision--and that's okay.

Even if your mind becomes conflicted with managing everything form day to day, your heart knows what should be prioritized.

Is it family? Spirituality? Abundance? Well-being? Creativity?

What if ALL of these things feel like they're high on your priority list? How do you balance these? Is "balance" even real?

A few years ago, I was spinning in my own process trying to find balance...and wasn't getting anywhere. I was only becoming more tightly woven under stress. It took crashing and burning--a couple times--for me to pull back long enough to get serious about making changes.

priorities



THE THIRD STEP TO THRIVING IN YOUR BUSINESS AND YOUR LIFE IS FOCUS.

Being able to focus is a **skill**. In other words, it is something one must practice in order to get better and better at it. In today's world, it is more challenging than ever to maintain focus. Yet it is the trait that sets apart the most successful, effective leaders and the rest of the world.

This is something I know I will be working on for the rest of my life.

As I practiced focusing on the big picture (i.e. the goals for my business) as well as the smaller picture (i.e. the task I am working on), I discovered the benefits of focus are ten-fold. Not only am I more productive, but I feel more clear and purposeful. That then has me feel **energized!**

Cultivating the skill of focus pays off ten-fold.

Because of seeing the benefits of being able to focus, I became inspired to practice it more. It requires discipline and esteem to stay the course when distractions and opportunities show up (and they always will). But this is your leap towards greatness as a leader.

focus



THE FOURTH STEP TO THRIVING IN YOUR BUSINESS AND YOUR LIFE IS CREATIVITY.

Did you know that one of the ways you can make your business more sustainable is to prioritize creativity? Creativity is your access point to getting through challenges, overcoming barriers, navigating uncertainty and staying relevant in your market.

Time invested in creative exploration is an investment in your business.

At one time in my adulthood, I brushed off the notions to pursue creative activities because they seemed frivolous when I had a long to-do list. Yet it's creativity that makes it possible to accomplish what I want as well as find new solutions.

How much do you pursue creativity in your life right now?

creativity



THE FIFTH STEP TO THRIVING IN YOUR BUSINESS AND YOUR LIFE IS ACCOUNTABILITY.

You're a goal-setter, an achiever, and a leader in more areas of your life than you may even realize. You wouldn't be here reading this if you weren't an achiever that wants to reach that next phase in your business and your life. What's a critical part of achievement? Accountability.

Accountability means accepting responsibility.

The main difference between responsibility and accountability is that responsibility can be shared while accountability cannot. Being accountable not only means being responsible for something but also ultimately being answerable for your actions.

Accountability builds trust--in oneself and with others.

accountability



THE SIXTH STEP TO THRIVING IN YOUR BUSINESS AND YOUR LIFE IS CONNECTION.

Without connection, all of this falls apart. Without connection, there's no clients or team members. No friends or family, no contribution, no inspiration toward a greater purpose. Connections are the framework for everything you're committed to...so doesn't it make sense to devote time and attention to nurturing your connections?

Where are your strongest connections in your life?

How often do you seek fresh connections? How regularly do you reach out to fuel old ones? How connected do you feel to something greater than yourself?

connection

IF YOUR ACTIONS

inspire others

TO DREAM MORE, LEARN MORE, DO
MORE AND BECOME MORE...

you are a leader.

John Quincy Adams