



# MONDAYS

*with Mike*

## Strength lies inside each of us

Kevin Eastman, in his book *Why the Best Are the Best*, shares a great set of suggestions to connect our head, heart, and inner core as we attack life. He calls this segment *Strength Lies Inside Each of Us*:

- Start with your heart. In order to be successful, your heart must be in it, even though you know your heart may be broken several times along the way.
- Analyze with your head. Emotion is great, but pre-thought and logic are a must in all major decisions.
- Give your gut a say. This is the combination of all experiences, successes, failures, observations, conversations, and learning. These create a feeling, an educated hunch.
- Learn with your eyes and ears. Big eyes, big ears, and a small mouth.
- Ask probing questions with your mouth. Use our mouths not so much to talk but to learn. Ask for clarification so that we leave with total understanding.
- Find strength in your mind. Our minds are as strong as we need them to be, ask them to be, and train them to be.
- Be strong in your core. What do we value? How do we discipline ourselves? What will we never compromise? The answers form our personal core.

As we attack the needs of the week, let's program ourselves to use this strength equation.

Have a strong start to your week!