

Inspired Mastery Pause practices are a great way to take a new look at whatever you are doing in the moment and change just one thing to get a new result. A great resource for leaders everywhere.

Marshall Goldsmith, Ph.D., *New York Times* bestselling author of *MOJO* and *What Got You Here Won't Get You There*



52 WAYS TO SHIFT ANY OUTCOME IN LESS THAN A MINUTE

PRACTICAL MINDFULNESS FOR LEADERS

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introduction



WHY PAUSE?

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

Viktor E. Frankl

This is a book of ways of practices that open a space between stimulus and response to slow down reaction just long enough to allow a different, more powerful action or attitude.

And this book is an invitation to you the leader who often doesn't have a moment to breathe to come up for air. Each practice creates a pause, uncovering a new perspective that can transform any situation and produce positive outcomes for you and your organization.

HOW TO USE THIS BOOK

Here are some ways we envision using these practices:

- Go through all 52 practice by practice focusing on one a week for a year.
- Pick a practice for the day, whether you choose randomly or take them in sequence.
- When you need a moment of inspiration, let a practice jump out at you.

After the practices you'll find a collection of articles that give examples and expand on the practices. We often share our clients' experiences without using their real names or specific details. We always maintain client confidentiality.

THE ACCOMPANYING CARD DECK

You can't shuffle a book. You can't draw a practice from a book and leave it sitting on your desk to nudge you. That's why we created a card deck and app to go with this book. Each card includes the practice title and its quote.

Cards are available at our website. Please see a special offer for our readers at www.inspiredmastery.com/specialoffer

AND FINALLY

You may notice that some practices seem so similar that they are almost the same *Trust there is a way, Trust yourself, Do it your way* and some seem so different that they are almost contradictory *Slow down, Get going* or *Stay in the game, Take time off*. We trust that the practice you choose will give you just what you need.





1 ~ ASK A QUESTION

A question not asked is a door not opened.

Marilee G. Adams

As a leader, it's your job to have the answers. Or is it? Whenever there is a designated leader, people look to that person for the answer. But they don't always really want that answer. Or the leader doesn't always have it.

Both solving problems and being decisive are essential to leading. Yet always having the answer limits your ability to engage and develop others and to create an environment that generates new thinking.

When you find yourself immediately giving the answer, pause and ask a question. "What do you think? What would you do?" Your question draws others in. You create opportunities for growth and learning. Even if you think you know, asking a question opens the door for expanded thinking and the unexpected.

THIS PRACTICE INVITES YOU TO:

Every time you find yourself giving the answer, stop and consider asking a question.

INQUIRY:

What is a good question to ask right now?



9 ~ GIVE POSITIVE ACKNOWLEDGMENT

*You need to be aware of what others are doing,
applaud their efforts, acknowledge their successes,
and encourage them in their pursuits. When we all
help one another, everybody wins.*

Jim Stovall

How people feel directly affects how they work. Effective leaders motivate and inspire others by recognizing what is working.

One of the most powerful tools you have in your toolbox of leadership skills is acknowledgment. Everyone wants to be seen and valued. When people are acknowledged, they light up and want to do more. They feel good about themselves and their work.

When you acknowledge someone for a job well done, for a new idea, or for making an effort, you've just made that person's day and invested in your organization.

THIS PRACTICE INVITES YOU TO:

*Look for things to acknowledge in those around you
every day:*

INQUIRY:

Who and what will I acknowledge today?



21 ~ IGNITE PASSION

If you want to build a ship, don't drum up the people to gather wood, divide the work, and give orders. Instead, teach them to long for the endless immensity of the sea.

Antoine de Saint-Exupéry

Do you jump out of bed in the morning eager to go to work? Can you not wait to get started on your day, whether you're heading to the office or to the beach? Passion makes a difference in whatever you do.

As a leader, one of your greatest contributions is to ignite passion. Start with yourself. Notice what makes you smile, what lifts your heart, what makes work feel like play. When what you do connects with what you love, you are creative and resourceful. When your passion is at play, energy abounds and something deeply satisfying results.

How do you ignite passion in others? Paint the big picture and imbue it with your energy. Create a shared vision that lights people up.

THIS PRACTICE INVITES YOU TO:

Connect what you love with what you do and share it.

INQUIRY:

How will I share my passion?



32 ~ TAKE INSPIRED ACTION

Release the have-to. Embrace the want-to.

Act only in accordance with your heart.

Inspired Mastery

A lot of good advice says to just get going. Otherwise we never achieve what we dream, and we miss the opportunity to learn and create along the way.

Yet, should you take just any old action? Imagine that life is like the “you’re getting warmer” game that you played as a child. Think of an action. Do you get the sense that you are getting warmer – does it feel like a “want to”? Go for it. Do you get the sense that you are getting colder – does it feel like an “ought to”? Don’t do it.

Make a habit of taking action that is inspired, that lifts your energy, that you know inside is a step in the right direction.

THIS PRACTICE INVITES YOU TO:

Today, take only action that is inspired. Notice what happens.

INQUIRY:

How do I know when an action is inspired?



48 ~ GET GOING

*If we did all things we are capable of doing,
we would literally astound ourselves.*

Thomas Edison

Some people have a million ideas a day. Some of them are million-dollar ideas. What makes the difference? Action.

When you have a compelling idea, make a move before something else diverts your attention. That action will take on a life of its own and blossom. Putting a thought into motion creates synergy—similar energies converging to form something new.

The power of action breathes life into ideas. It doesn't have to be the perfect step. Magic is created by taking an idea and doing something with it.

THIS PRACTICE INVITES YOU TO:

Follow a compelling idea with an action. Put something into motion.

INQUIRY:

What one thing can I do to put an idea into action?



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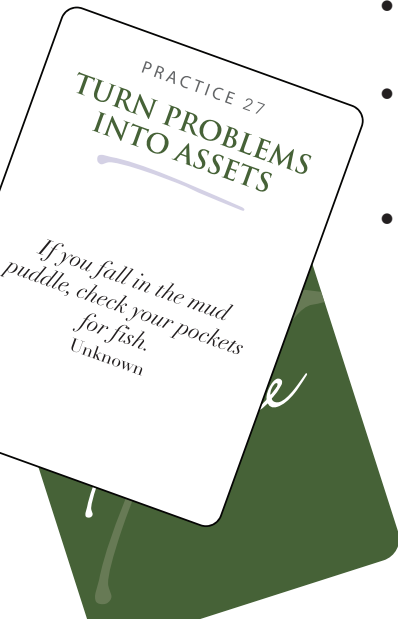
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