



Sparks of Inspiration

Hi Reader

I trust this email finds you doing great things in the world or for yourself, which is also very important!

I have been thinking a lot about the impact that companies have on our society and how it is time to do better. I recently came across a wonderful example of an organization boldly committing to making an impact, and I'd love to share it with you.

Delta Airlines commits to becoming the first carbon-neutral airline globally: a 10-year commitment to mitigate all emissions from March 2020 forward!

"There is no substitute for the power that travel has to connect people, which our world needs today more than ever before. As we connect customers around the globe, it is our responsibility to deliver on our promise to bring people together and ensure the utmost care for our environment; the time is now to accelerate our investments and establish an ambitious commitment that the entire Delta team will deliver."

- Ed Bastian, Delta's CEO

Delta Airlines has had its faults, and it will continue to have its challenges, but we need more efforts like these to inspire businesses to act in the best interest of humanity.

Come fly with me!

The Wisdom of Horses

Last month I traveled to Santa Fe, New Mexico, with Rich Litvin and my fellow 4PC (Four Percent Club) coaches. I had a fantastic opportunity to spend time at the EQUUS Ranch to learn from some of the oldest teachers on our planet, horses.

Horses have thrived on the planet for over 56 million years, which is quite remarkable!

It was a fantastic experience to be with these beautiful and majestic creatures. Being an open-minded person, I went into the experience with the right mindset, but I was still not sure what I was going to learn about leadership from horses. I was pleasantly surprised!

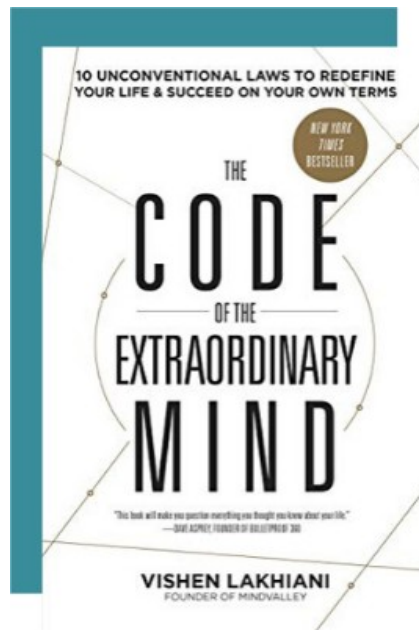
One of the key takeaways was that care and presence create more results over time than dominance and aggression. This is true for horses, and it is true for humans as well. The leader of the herd (in this herd, Artemis), leads from behind by creating an environment of safety, connection, peace, freedom, and joy. I was reminded of the quote by Lao Tzu, “To lead the people, walk behind them.”

I also thought a lot about the concept of psychological safety, an area that I have spent a lot of time focusing on with my clients. As I watched these horses interact with each other and with us, they each felt safe to be themselves.

When I left the Ranch, I brought with me two questions you might find useful in your life too:

- How can I be more present in the moment and not worry about what I need to or should be doing?
 - How can I have deeper connections with the people I serve?
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Book Recommendation



The Code of the Extraordinary Mind: 10 Unconventional Laws to Redefine Your Life and Succeed on Your Own Terms

– Vishen Lakhiani

Most people live their lives based on limiting beliefs about pretty much everything, and we inherit and pass on these beliefs from generation to generation. But what if you could remove these outdated ideas? What would your life look like if you could forget the rules of the past and redefine what happiness, purpose, and success mean for you?

The Code of the Extraordinary Mind is a book that will have you look at the world through a different lens, and once you see it, you can't unsee it!

This is what got me when I first read this book a few years ago and why it has stuck with me over the years.

Vishen Lakhiani, author and founder of Mindvalley (I love his name because it sounds like Vision), explains ten unconventional laws to break us free from the shackles of an ordinary life.

Here is the first one to give you a sense of what you are getting yourself into:

Law 1: Transcend the culturescape

Extraordinary minds are good at seeing the culturescape and can selectively choose the rules and conditions to follow versus those to question or ignore.

Therefore, they tend to take the path less traveled and innovate on the idea of what it means to truly live.

Powerful stuff! Proceed with caution and an open mind!

Check out the book here

Is This All There Is?

Do you sometimes ask yourself: “Is this all there is?” Do you want to make a more meaningful impact? Through honest conversations, leaders like you can connect with your true purpose and make a positive impact on yourself and the world around you. Through honest conversations, you can challenge your mental models, break through your patterns of thinking, and shape your legacy.

Respond to this email to have an honest conversation and start shaping your legacy.

Book A Conversation Here



Every month, I like to leave you with a quote I'm pondering and questions that will keep you thinking:

"Define success on your own terms, achieve it by your own rules, and build a life you're proud to live" – Anne Sweeney

Who is the world calling me (you) to be right now?

Navigating leaders through change. Inspiration through honest conversation.

I'd love to hear from you!

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