

# THE BRIGHTSIDERS 12

## 12 Daily Practices for Amplifying Your Impact

*“Every person you lead, love, and live with deserves the best version of you. These 12 practices are how you become that person. Every single day.”*

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### C1 · CONNECT TO YOURSELF | Practices 1–4

- 1. CHOOSE BETTER** | You cannot always choose what happens to you. You can always choose what you do next. Choose growth. Choose forward. Choose better over bitter. Every time.
- 2. LIVE WITH INTENTION** | Decide who you are going to be before the day decides for you. Be where your feet are. Show up fully. Every day. Everywhere. On purpose.
- 3. LEAD BY EXAMPLE** | Be the standard. Be accountable. Do what you say you will do. Every time. Without exception. The ripple effect of leading by example is unstoppable.
- 4. GROW THROUGH ADVERSITY** | Grit is forged in difficulty. Resilience grows every time you choose to rise. It is not what happens to you that defines you. It is what you build from it.

### C2 · CONNECT TO OTHERS | Practices 5–8

- 5. SEEK TO UNDERSTAND** | Most people listen to respond. The best leaders listen to understand. Be curious. Be present. Curiosity builds more trust than certainty ever will.
- 6. SHOW APPRECIATION DAILY** | Lead with gratitude. Tell people what they do that makes a difference. Every single day. Gratitude is a leadership superpower. Use it today.
- 7. MAKE PEOPLE BETTER NOT SMALLER** | Every interaction either adds to a person or takes from them. Lead with empathy. Always choose to lift. Always choose to build.
- 8. HAVE CARING CONVERSATIONS** | The conversation you keep avoiding is the one that matters most. Have it. With honesty. With empathy. With grace. It will deepen the relationship.

### C3 · CONNECT TO WHAT MATTERS MOST | Practices 9–12

- 9. SET THE TONE** | You are the emotional thermostat of every room you enter. Decide what temperature you are bringing. Your energy is contagious. Make sure it is worth catching.
- 10. BE A MULTIPLIER** | Average leaders produce results. Great leaders produce more leaders. Your greatest legacy is not what you accomplished. It is who you helped become more.
- 11. BRING JOY AND LAUGHTER** | Joy is the fuel for great work. Laughter builds trust faster than any exercise ever will. Be the leader they are glad they showed up for.
- 12. LEAD WITH HOPE AND HUMANITY** | Hope is fierce. Wherever you go be the hope. Believe in people before they believe in themselves. That kind of leadership changes lives.