AMPLIFY YOUR IMPACT

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."

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.

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