



APPLICATION GUIDE – November 2019 Four Noise-Canceling Habits for Leaders

BOTTOM LINE:

Great leaders must learn to turn down the noise low enough and long enough to be ruthlessly curious of their emotions.

KEY TAKEAWAYS:

- Distractions have huge implications for the workplace. Three out of four employees admit to wasting or spending two hours per day being distracted by things at work.
- As humans, we are wired to turn up any kind of distraction if it keeps us from paying attention to what's inside of us.
- **Four Noise-Canceling Habits for Leaders:** Like anything in life that really matters, emotional awareness cannot be a one-time thing. It's something you have to make a habit.
 - **Finding Simplicity:** We all have something that drives us to do the things we do and behave the way we behave. As leaders, it's important to know what that driving force is. The more you're able to find your *why*, the better you'll be at saying no to the wrong things and yes to the right things.
 - **Speaking to Yourself:** We talk to ourselves all day long. Unfortunately, those messages aren't always trustworthy. Leaders must take time to understand and unpack the voice inside their heads.
 - **Getting Quiet:** In our world today, silence is scarce and sometimes uncomfortable. To be an emotionally healthy leader, you must turn down the noise to allow space for curiosity. By carving out time in your schedule to sit in silence, you give yourself an opportunity to discover things you might not have known were there.
 - **Pressing Pause:** You don't know how much control something has over you until you give it up for a while. By pressing pause, you give yourself the gift of evaluation.

QUESTIONS FOR REFLECTION OR TEAM DISCUSSION:

1. Clay gives a great analogy of how many of us allow our emotions to sit in the driver's seat. Is this something you can relate to? How can you be more intentional about keeping your emotions in the passenger seat?
2. As Clay talked about the first habit, Finding Simplicity, what came to mind as your *why*? Are there things you're currently saying yes to that you should say no to? If nothing comes to mind, challenge yourself to take time to nail down that driving motivation so you can keep yourself on track.
3. While Clay and Andy discussed fasting and pressing pause, did anything come to mind? What is something you should experiment with by pressing pause?

REFERENCE:

How to Lead in a World of Distraction by Clay Scroggins