

Habitudes

Form Your Leadership Habits and Attitudes

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Before...

Life's Mountains (pleasures)

Life's Valleys (tough times)



We must...

- Successfully navigate the journey
- Have/Learn/Appreciate/Understand – GRIT!

Experts Explain “GRIT”

- A clear goal
- Determination over other’s doubts
- Self-confidence to figure it out
- Humility, It don’t come easy!
- Persistence despite fear
- Patience to handle obstacles
- Code of ethics to live by
- Flexibility facing road blocks
- Capacity for human connection and collaboration
- Accept help is not weakness
- Focus and appreciate each step
- Loyalty never sacrificing connections
- Inner strength to propel you to your goal!

Images to Make You Think

Image One



Windshield and Rearview Mirrors

- Purpose of each
- Forward, backward
- Gazing us, glancing

Where Does Your Energy Come From?

- Past?
- Future?



Peace of Mind

(Influential Factors) (Mental Stability)

1. Refusing to live in the past
2. Absence of suspense, resentment, and regret
3. Not wasting time and energy fighting conditions you can not change
4. Forcing yourself to get involved in the world around you
5. Refuse to indulge in self pity

Remedy

1. Replace comfort with curiosity
2. Reject being a victim of your circumstances
3. Renew your commitment to embrace opportunities
4. Relinquish the past and create new memories

“The longer you wait for the future, the shorter it will be.”



A Compass or a GPS



Image Two



- GPS = Paved Roads
- Compass = Unpaved/uncharted Areas

A Compass:

Is a set of Personal Values

1. Identify the values in your life
2. Include those values in your decisions
3. Implement your values in your routines

How will/do you do THIS?

A bridge, not a wall

Image Three



- We see differences
- We then put up a wall

Why?

1. We hang around with similar people
2. We are attracted/prone to those who are like us
3. We pre-judge those who are not like us
4. We shy away from those who are different

Be the Bridge, Expand your Horizons

- We need others to “stretch” us
- We need them to be close enough to provide accountability and balance
- We must build build bridges of relationships with others that can bear the weight of truth



Baggage Fees

Image Four



Baggage on the Trip in a Small Car!

- Made drive crowded and chaotic
- Made travel slower and difficult
- Made trip more expensive

*The more “baggage” we brought, the more bagged down we become.

What is the “Price” of Baggage?

- “Physical” bags are easily discarded
- “Emotional” bags take time



How Do We Break Free? “Identification then Freedom”

Step One – Talk it Over

1. Are you alone – NO!
2. Culture Distraction
3. Most baggage involves relationships

Step Two: Assess Yourself

1. Identify YOUR Performance Traps
 - a. Comparison (compare to others)
 - b. Communication (judge others)
 - c. Control (validate worth)
 - d. Compulsion (people pleaser)
 - e. Compensation (victim)
 - f. Competition (self-centered)

Step Three: Try it Out!

1. Review (reflect on why and how?)
2. Recall (one instance...)
3. Release (Let go!)
4. Reconcile (talk to someone, again)
5. Request (ask for help)
6. Refuse (To be victim)
7. Respond (serve from gratitude, not guilt)

Sturdy Guard Rails

Image Five



- Structure to keep us on the road
- Offer us:
 - Support
 - Guidance
 - Accountability

Tollbooths on Road Blocks

Image Six



- Challenges will happen
- Which version do you see!
- Do you know the difference?

“Pay the price or fail!”

Flight Delay

Image Seven



- Season of transition...
- Manage expectations...
- Adaptability is required...
- Illusion to disillusion

Pass on the Left



Don't burn bridges!!

Image Eight

Tank Half Full or Empty

Image Nine



1. Being content with “you”
2. Being dissatisfied and strive to grow

A combination of both is healthy

Travel Agents or Tour Guides

Image Ten



- One goes with you
- The other only tells you where to go!



Mentorship is the answer!

Backseat Drivers

Image Eleven



- No one likes them!
- Know what you have control over...

...and what you don't!

Shortcut or Second Mile

We all “live” for shortcuts

More with less

Image Twelve



First Mile

- You have to
- Do the minimum
- Duty
- Satisfy
- Me

Second Mile

- You want to
- Do the max
- Devotion
- Serve
- Us

Destination vs. Trip



Reach a Goal

Or

Enjoy the Journey

What is your Destination?

Goal Setting Tips:

S – Specific

M – Measurable

A – Attainable

R – Relevant

T – Timely



Burn Your Boats

Greek Battles Motivation Technique

“The quality of a person’s life is in direct proportion to their commitment to excellence, regardless of their chosen field of their chosen field of endeavor.”

- Vince Lombardi

Credit Given:

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