



**EARLY
CHILDHOOD
ALLY
LEADERSHIP
TIPS!**

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Do you have a critical friend?

I read a Tom Brady interview where he talked about how necessary it is to have a critical friend. One who gives you the hard truth when you ask for it.

I couldn't agree more. Although it is often hard to hear, we grow the most when a friend gives us tough feedback.

I find that a friend can offer it with a dose of kindness which helps take away a bit of the sting.

Do you have someone in your network who can cut to the chase and tell you what you might not want to hear AND still have your best interest at heart?



Do you have a LIVE IT LIST?

This wasn't a bucket list, an idea I was so so on but a list of how I wanted to live, what adventures did I want? Who did I want to share them with?

There are no rules.

I think the biggest thing to not short change is the reflection part. This week Herm and I are checking off two more states (Oklahoma and Kansas) off my quest to see all the states. Trusting the foliage will be gorgeous and the communities welcoming. Road trips are always on my live it list.

How do you want to live? Sometimes we get so busy checking off all the boxes we get distracted.

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Straight forward FOCUS

Be thoughtful about keeping your focus on where you are right now and where you want to be in the future.

We have all spent too much energy with our eyes on the rear view mirror at some stage of our career. It's important to learn from our experiences AND not get stuck there.

We need to start each day by not carrying the day before with us. Say NO to something good! This is something I didn't learn until just a handful of years ago. I know....slow learner!

Sometimes even when something is an AWESOME opportunity we need to say NO. I fooled myself that if I didn't say YES I wouldn't get another chance. I even knew this was a scarcity mindset but I really did think that some of these were once in a lifetime experiences.

Truth be told some of them were darn good but I don't regret saying no. The timing wasn't right for one reason or another. Once we say NO even when it's a great opportunity we get more focused on what we REALLY want/need to say YES to.

I think we have all said yes when we meant no but next time you're saying yes really think about is it the right time?

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Power of YET!

A helpful strategy can be the “power of yet”.

I haven’t been able to do that YET.

I am not sure how to do that YET.

Reminding ourselves that just because it isn’t happening currently doesn’t mean it won’t.

Keep the power of YET in your toolbox.



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Normalize Failure

We need to normalize failure to things we share with others.

The conversation around having children fail at something is an important one. Families in an effort to not have their child upset or frustrated can manage situations so that their child doesn't fail.


This is also true with teachers, caregivers and administrators. We can stretch if we know perfection is not the goal. That if we "fail" we are still "good" in our role.



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Grudges!



Are you holding on to grudges? Be mindful of grudges you might be holding onto and acknowledge the time and energy it wastes.

It's my belief refocusing our energy on what matters to us makes a bigger impact!



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Not very glamorous....

Not easy but important, “do the boring work”. I know it seems so simple but we sometimes avoid the work that is “the grind”. It is almost always the work nobody sees.

After many years in the field I can confidently say it matters. I often say it builds muscles. The boring work helps to make us strong. It helps move us closer to meeting our goals.

Schedule it as part of your week! I schedule it first thing in my day when I am fresh and positive.

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Reminder:

The degree to which a person can grow is directly proportional to how reflective they can be.



**Most people NEED
consistency MORE
than intensity.
Consistency ALWAYS
makes progress.**



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**You can disagree with
someone without being
disagreeable.**



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**Zone into what the
ROOT is of your stress.
When we can address
where the stress is
coming from and how
to navigate it we make
progress.**




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**As CEO of your
own life how are
you showing up?
How do you show
up in all areas of
your life?**



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**HOPE is the
FEELING....think about
how you move from
the feeling of being
hopeful. How do you
plan to put it into
action?**

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When you are navigating difficult conversations and situations, be sensitive to our default to match someone else's emotions. Slow down and check in with yourself. Not every interaction requires a reaction in the moment.

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Struggling with a BIG decision? Jump on the phone with a friend who has “no skin in the game” to talk through it. They often have a fresh perspective and will ask questions we haven’t thought of.



**After a difficult
conversation REPAIR
is critical. Make it
part of the process
whenever you can.**

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**Always ASSUME
positive intent when
you enter into a
conversation or
situation. However, we
can not be naive. Not
everyone will have
your best interest at
heart.**





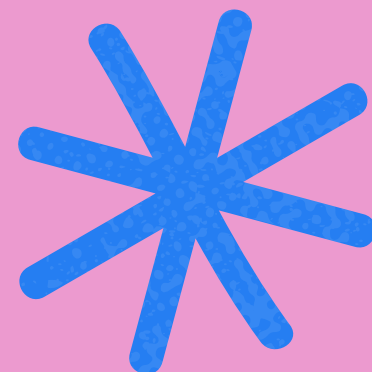
What are 5 things you love about yourself?

Make a list of those items and examples of when and where they show up. Check in with “your people” and ask them to also share what they love and appreciate about you. This may feel awkward.....just say JaneAnn made me.



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Direction is more important than speed. Slow down and readjust as you navigate your days, weeks and months.



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