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Leadership Spotlight

A Calm, Focused Mind



“And, when you want something, all the universe conspires in helping you to achieve it.”

— Paulo Coelho¹

The possibility of a dream coming true makes life interesting. Whether you are creating or reaffirming dreams or setting the path forward for the coming year, you have experienced moments when things “just go your way.” These wonderful events tend to occur when you have a calm mind — one free from negative emotions, such as stress, anger, frustration, resentment, or envy.

A calm mind is your best resource and, thereby, a greater resource for others. As leaders, teachers, mentors, and guides, you are always an aid in the success and prosperity of those around you. Success comes most easily to those with a calm mind who clearly see the opportunities presented. In all cases, those opportunities come through your healthy relationships.

Those who lead an interesting life see situations for what they are, not what they hope. They walk their track free of the distractions of stress and frustration. When you build relationships of trust and know your course, there is no holding back your river and path.

When you decide to move forward and solve a challenge, it is only the beginning. When you know there is no going back, you embrace the best way of moving forward. To accomplish the goals you set, you must focus on the moment you are living in right now and take in all you observe for the situational awareness required for optimal decision-making. If you pay attention to the present, you can improve upon it. Then, all that comes later will be better.

You do not need to fear the unknown if you know how to achieve what you need. Seek out objective, loving council from others because their eyes have not become accustomed to what they see every day like yours have.

When you love, you strive to become better than you are. The first challenge is to love yourself, and you can only do that when you let go of your shame of not being perfect. You are harder on yourself than those around you are. You can be infinitely compassionate toward others while a cruel critic of yourself, and it all begins with your own shame. You tend to feel embarrassed when you fall short of your expectations of perfection. Ironically, no one else ever expects perfection; they look for effort.

You play a central role in the history of the world and do not know it. Be an exceptional leader of yourself and others, invoke what is already known, and bring it out.

Robin Dreeke, retired FBI special agent and founder of a communication and strategies company, prepared this Leadership Spotlight. He can be reached at robin@peopleformula.com.

Endnotes

¹ Paulo Coelho, *The Alchemist*, trans. Alan R. Clarke (New York: HarperCollins, 1993).